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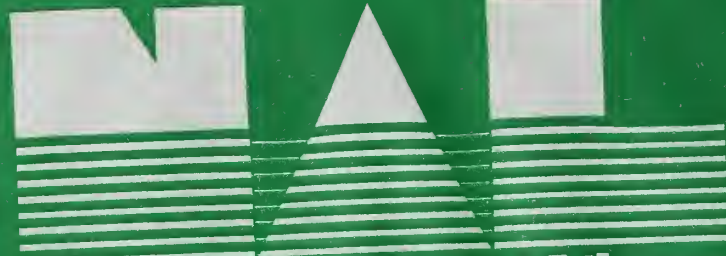
Project **HEAD START**

food buying guide and recipes



U.S. Department of Health, Education, and Welfare
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**Project HEAD START
Community Action Program**

Food buying guide and recipes

Prepared by Agricultural Research Service and Consumer and Marketing Service

U.S. Department of Agriculture

for the

**Office of Economic Opportunity
Washington, D.C.**





Children of the poor are often inadequately fed or improperly nourished. One of the important contributions Project Head Start can make to the children enrolled in Child Development Centers is through sound nutritional practices observed in the planning of the food service. Such planning can contribute to a nutritious adequate diet for each child thereby improving his nutrition.

Each Center's food program will depend on the number of hours the Center is open, on facilities available for food preparation, serving and

storage, as well as commonly accepted food customs in the home and in the community.

The FOOD BUYING GUIDE AND RECIPES booklet, designed to assist Project Head Start personnel responsible for the feeding program, can play a key role in helping to improve the nutrition of the children through the provision of appropriate well prepared meals served in correct amounts for little children, and in an atmosphere conducive to learning, comfort, and enjoyment.

Julius B. Richmond, M.D.
Director
Project Head Start



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FOOD BUYING GUIDE AND RECIPES

Introduction

The food buying guide and recipes in this publication were developed especially for the Project Head Start feeding program. The publication was written as a guide for nutritionists, home economists, dietitians, school lunch supervisors and managers, extension supervisors, and those responsible for the purchase and preparation of food in the Head Start Centers. This material, when used together with "Nutrition, Better Eating for a Head Start", will help teachers and administrators attain the best results in improving the nutrition of the children.

The food buying guide, on pages 5 to 45, provides information for calculating the quantities of food to be purchased and used by Project Head Start Centers serving breakfasts, lunches, mid-morning or mid-afternoon snacks. Daily use and careful application of the information in this buying guide will assure that there are adequate amounts of food to prepare or use for the number of children to be served.

The information in this guide is in accord with recommendations on sizes of servings contained in "Nutrition, Better Eating for a Head Start", published by the Office of Economic Opportunity.

On pages 47 to 110 in this publication are quantity recipes and other information needed to prepare meals or snacks for those participating in the Project Head Start Centers. The use of these recipes will help assure appetizing, nutritious food that is appealing to children. The recipes have been standardized to give a definite number of portions of a size suitable for small children.

In addition, a table is included on pages 111 to 116 to help determine the amount of food to buy for use in the recipes. All items which would be purchased by weight or in cans, except spices, are included. Those purchased by volume are not included. The factors given in this table can be used for any size recipe used in different feeding centers.



FOOD BUYING GUIDE FOR PROJECT HEAD START CENTERS

Explanation of table

Foods have been listed in alphabetical order in the table (pages 9 to 45). In some cases, foods that have almost identical serving size and number of purchase units are listed under one general category; for example: Cereals, ready-to-eat, unsweetened, flaked and puffed. Buying information is given on the purchase of all ready-to-eat flakes and ready-to-eat puffs, and not specifically on "corn flakes" and "corn puffs".

The buying guide information is presented in table form for easy reference. The information is tabulated in four columns, as follows:

Column 1, Food as Purchased.—The foods are listed in alphabetical order in the form in which they are obtained on the market—fresh, frozen, canned, and dehydrated, regular dried or low moisture.

Column 2, Size and Description of Serving or Portion.—This column shows the serving size or portion as a measure, weight, or number of pieces or slices. The serving size or portion is based on **servings for small children** as specified in the nutrition guideline published in "Nutrition, Better Eating for a Head Start". Generally, two sizes of servings are shown. As indicated in the guidelines, some children may need larger portions or second servings. Adjustments will also need to be made in size of servings for adult helpers.

The description of the serving or portion tells the form in which the food is served; for example, cooked diced or raw chopped.

Column 3, Purchase Unit.—The unit of purchase specified for most foods is a pound. For processed foods, the purchase units are given in the most suitable institutional- or household-size packs.

Columns 4 to 6, Purchase Units of Food to Buy for:

25 Servings and 50 Servings.—These two columns indicate the number of units (weights, measures, or number of cans) to purchase for 25 or 50 servings of the size specified in Column 2. These figures are approximate because they have always been “rounded up” to the nearest fraction ($1/4$, $1/3$, $1/2$, $2/3$, $3/4$) to assure that enough food is purchased for a given number of servings. Therefore, the number of units to purchase for 50 is not always twice the number of units to purchase for 25.

For Any Other Number of Servings (Multiply by the Factor Below):—The number in this column

can be used to calculate the amount to buy for any number of servings. The number is given in decimals because it is easier to multiply decimals than fractions. For example, to determine the amount of frozen strawberries to purchase for 67 servings, ($1/4$ cup fruit and juice, per serving) multiply 67 by the number 0.142 and the answer is 9.514 pounds.

$$67 \times 0.142 = 9.514$$

This number (9.514) is changed to the nearest higher fraction which is $9-2/3$ pounds. (See table, “Changing Decimals To Fractions,” below.) Thus, this method is an easy way to calculate the amount of food to purchase for the exact number of servings needed in any Head Start Center.

CHANGING DECIMALS TO FRACTIONS

Decimal	Change To The Following Fraction:
0.00 to 0.25 -----	$1/4$
.26 to .33 -----	$1/3$
.34 to .50 -----	$1/2$
.51 to .66 -----	$2/3$
.67 to .75 -----	$3/4$
.76 to 1.00 -----	1

COMMON CAN AND JAR SIZES

Can Size (Industry term)	CONSUMER DESCRIPTION		
	Average Net Weight or Fluid Measure per Can (Check label)	Average Cups per Can	Cans per Case
No. 10 -----	6 lb. 8 oz. (104 oz.) to 7 lb. 5 oz. (117 oz.)	Number 12 – 13	Number 6
No. 3 Cyl. or 46 fl. oz.	3 lb. 3 oz. (51 oz.) or 1 qt. 14 fl. oz. (46 fl. oz.)	5–3/4	12
No. 2–1/2 -----	1 lb. 13 oz. (29 oz.) -----	3–1/2	24
No. 2 -----	1 lb. 4 oz. (20 oz.) or 1 pt. 2 fl. oz. (18 fl. oz.)	2–1/2	24
No. 303 -----	16 to 17 oz. -----	2	24
No. 300 -----	14 to 16 oz. -----	1–3/4	24
No. 1 Picnic -----	10–1/2 to 12 oz. -----	1–1/4	48
8 oz. -----	8 oz. -----	1	48 or 72



FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
APPLES					
Fresh -----	1/2 small apple -----	Pound -----	3-1/4	6-1/4	0.125
	1/4 small apple -----	Pound -----	1-2/3	3-1/4	.063
Frozen, slices -----	1/4 cup fruit and juice -----	Pound -----	3-2/3	7-1/4	.143
		2-1/2-pound package -----	1-1/2	3	.057
	2 tablespoons fruit and juice -----	Pound -----	2	3-2/3	.072
		2-1/2-pound package -----	3/4	1-1/2	.029
Canned, slices -----	1/4 cup fruit and juice -----	No. 2 can -----	2-2/3	5-1/3	.107
		No. 10 can -----	1/2	1	.020
	2 tablespoons fruit and juice -----	No. 2 can -----	1-1/3	2-2/3	.054
		No. 10 can -----	1/4	1/2	.010
Dehydrated Low moisture, slices -----	1/4 cup cooked -----	Pound -----	2/3	1-1/4	.023
	2 tablespoons cooked -----	Pound -----	1/3	2/3	.012
APPLESAUCE					
Canned -----	1/4 cup -----	No. 303 can -----	3-1/2	7	.137
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons -----	No. 303 can -----	1-3/4	3-1/2	.069
		No. 10 can -----	1/3	2/3	.011
Dehydrated Low moisture -----	1/4 cup cooked -----	Pound -----	1/2	3/4	.015
	2 tablespoons cooked -----	Pound -----	1/2	3/4	.015

FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
APRICOTS					
Fresh -----	1 medium apricot -----	Pound -----	2-1/4	4-1/4	0.084
	1/2 medium apricot -----	Pound -----	1-1/4	2-1/4	.042
Frozen, halves -----	1/4 cup fruit and juice -----	Pound -----	3-2/3	7-1/3	.146
	2 tablespoons fruit and juice -----	Pound -----	2	3-2/3	.073
Canned, halves -----	1/4 cup fruit and juice -----	No. 2-1/2 can -----	2	3-3/4	.074
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons fruit and juice -----	No. 2-1/2 can -----	1	2	.037
		No. 10 can -----	1/3	2/3	.011
Dehydrated Low moisture, slices -----	1/4 cup cooked -----	Pound -----	3/4	1-1/2	.027
	2 tablespoons cooked -----	Pound -----	1/2	3/4	.014
ASPARAGUS					
Fresh -----	1/4 cup cooked cuts and tips -----	Pound -----	3-1/2	7	.139
	2 tablespoons cooked cuts and tips. -----	Pound -----	1-3/4	3-1/2	.070
Frozen, spears or cuts and tips. -----	1/4 cup cooked -----	Pound -----	3-1/4	6-1/4	.125
		2-1/2-pound package -----	1-1/4	2-1/2	.050
	2 tablespoons cooked -----	Pound -----	1-2/3	3-1/4	.063
		2-1/2-pound package -----	2/3	1-1/4	.025

FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
ASPARAGUS—Continued Canned, cuts and tips	1/4 cup heated	No. 300 can	4-3/4	9-1/2	0.188
		No. 10 can	2/3	1-1/3	.027
	2 tablespoons heated	No. 300 can	2-1/2	4-3/4	.094
		No. 10 can	1/3	2/3	.014
BANANAS	1/3 medium banana	Pound	3	5-2/3	.112
BEANS, DRY (All types)	1/4 cup cooked	Pound	1-1/4	2-1/3	.046
BEANS, GREEN OR WAX Fresh	1/4 cup cooked	Pound	2-1/3	4-2/3	.092
	2 tablespoons cooked	Pound	1-1/4	2-1/3	.046
	Frozen	Pound	2-1/4	4-1/4	.085
		2-1/2-pound package	1	1-3/4	.034
	2 tablespoons cooked	Pound	1-1/4	2-1/4	.043
		2-1/2-pound package	1/2	1	.017
	Canned	No. 303 can	3-1/2	6-3/4	.135
		No. 10 can	2/3	1-1/4	.021
	2 tablespoons heated	No. 303 can	1-3/4	3-1/2	.068
		No. 10 can	1/3	2/3	.011

FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
BEANS, LIMA					
Fresh, in pod -----	1/4 cup cooked -----	Pound -----	6	11-3/4	0.234
	2 tablespoons cooked -----	Pound -----	3	6	.117
Fresh, shelled -----	1/4 cup cooked -----	Pound -----	2-1/3	4-2/3	.092
	2 tablespoons cooked -----	Pound -----	1-1/4	2-1/3	.046
Frozen -----	1/4 cup cooked -----	Pound -----	2-1/2	4-3/4	.094
		2-1/2-pound package -----	1	2	.038
	2 tablespoons cooked -----	Pound -----	1-1/4	2-1/2	.047
		2-1/2-pound package -----	1/2	1	.019
Canned -----	1/4 cup heated -----	No. 303 can -----	3-1/2	7	.136
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons heated -----	No. 303 can -----	1-3/4	3-1/2	.068
		No. 10 can -----	1/3	2/3	.011
Dry. See Beans, Dry.					
BEEF, FRESH					
Chuck roast Boneless -----	1 ounce cooked -----	Pound -----	2-1/3	4-2/3	.094
	With bone -----	Pound -----	3-1/4	6-1/4	.122
Ground -----	1 ounce cooked -----	Pound -----	2-1/4	4-1/2	.087

FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
BEEF, FRESH—Continued					
Round roast Boneless -----	1 ounce cooked -----	Pound -----	2-1/4	4-1/3	0.086
With bone -----	1 ounce cooked -----	Pound -----	2-1/3	4-2/3	.092
Rump roast Boneless -----	1 ounce cooked -----	Pound -----	2-1/4	4-1/3	.086
With bone -----	1 ounce cooked -----	Pound -----	2-3/4	5-1/2	.109
Steak, round Boneless -----	1 ounce cooked -----	Pound -----	2-1/4	4-1/3	.086
With bone -----	1 ounce cooked -----	Pound -----	2-1/3	4-2/3	.092
Stew meat Boneless -----	1 ounce cooked -----	Pound -----	2-1/2	5	.096
BEEF, DRIED -----	1 ounce cooked -----	Pound -----	1-1/4	2-1/2	.050
BEETS					
Fresh, without tops ---	1/4 cup cooked, diced or sliced.	Pound -----	3-1/3	6-2/3	.133
	2 tablespoons cooked, diced or sliced.	Pound -----	1-2/3	3-1/3	.067

FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
BEETS—Continued					
Canned, diced -----	1/4 cup heated -----	No. 303 can -----	3-1/2	7	0.140
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons heated -----	No. 303 can -----	1-3/4	3-1/2	.070
		No. 10 can -----	1/3	2/3	.011
BLACKBERRIES					
Fresh -----	1/4 cup berries -----	Quart -----	1-1/2	3	.056
	2 tablespoons berries -----	Quart -----	3/4	1-1/2	.028
Frozen -----	1/4 cup fruit and juice -----	Pound -----	3-1/3	6-2/3	.134
	2 tablespoons fruit and juice -----	Pound -----	1-2/3	3-1/3	.067
Canned -----	1/4 cup fruit and juice -----	No. 303 can -----	3-1/2	7	.138
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons fruit and juice -----	No. 303 can -----	1-3/4	3-1/2	.069
		No. 10 can -----	1/3	2/3	.011
BLACKEYE PEAS					
Frozen -----	1/4 cup cooked -----	Pound -----	2-1/4	4-1/3	.087
		2-1/2-pound package -----	1	1-3/4	.035
	2 tablespoons cooked -----	Pound -----	1-1/4	2-1/4	.044
		2-1/2-pound package -----	1/2	1	.018

FOOD BUYING GUIDE

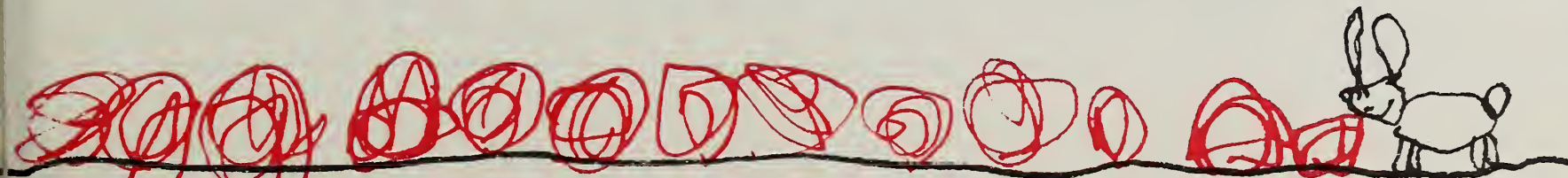
Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
BLACKEYE PEAS— Continued					
Canned -----	1 cup heated -----	No. 303 can -----	4-1/4	8-1/4	0.166
		No. 10 can -----	2/3	1-1/4	.025
	2 tablespoons heated -----	No. 303 can -----	2-1/4	4-1/4	.083
		No. 10 can -----	1/3	2/3	.013
Dry. See Beans, Dry.					
BLUEBERRIES					
Fresh -----	1/4 cup berries -----	Pint -----	2-1/3	4-2/3	.092
	2 tablespoons berries -----	Pint -----	1-1/4	2-1/3	.046
Frozen -----	1/4 cup fruit and juice -----	Pound -----	3-1/4	6-1/3	.126
		2-1/2-pound package -	1-1/3	2-2/3	.051
	2 tablespoons fruit and juice -	Pound -----	1-2/3	3-1/4	.063
		2-1/2-pound package -	2/3	1-1/3	.026
Canned -----	1/4 cup fruit and juice -----	No. 300 can -----	4	7-2/3	.151
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons fruit and juice -	No. 300 can -----	2	4	.076
		No. 10 can -----	1/3	2/3	.011

FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
BOYSENBERRIES					
Canned -----	1/4 cup fruit and juice -----	No. 303 can -----	3-1/2	7	0.138
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons fruit and juice -----	No. 303 can -----	1-3/4	3-1/2	.069
		No. 10 can -----	1/3	2/3	.011
BREADS					
White or whole wheat -----	1 slice -----	1-pound loaf ----- (16 slices)	1-2/3	3-1/4	.063
	1 slice -----	1-1/2-pound loaf ----- (24 slices)	1-1/4	2-1/4	.042
	1 slice -----	2-pound sandwich loaf ----- (28 slices)	1	2	.036
BROCCOLI					
Fresh -----	1/4 cup cooked cuts -----	Pound -----	4	8	.160
	2 tablespoons cooked cuts -----	Pound -----	2	4	.080
Frozen Cuts, chopped -----	1/4 cup cooked cuts, chopped.	Pound -----	3	6	.117
		2-1/2-pound package -----	1-1/4	2-1/3	.047
	2 tablespoons cooked cuts, chopped.	Pound -----	1-1/2	3	.059
		2-1/2-pound package -----	2/3	1-1/4	.024

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Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
BRUSSELS SPROUTS					
Fresh -----	1/4 cup cooked -----	Pound -----	3	5-2/3	0.114
	2 tablespoons cooked -----	Pound -----	1-1/2	3	.057
Frozen -----	1/4 cup cooked -----	Pound -----	2-1/3	4-2/3	.091
		2-1/2-pound package -	1	2	.037
	2 tablespoons cooked -----	Pound -----	1-1/4	2-1/3	.046
		2-1/2-pound package -	1/2	1	.019
BULGUR, CRACKED WHEAT.	1/4 cup cooked -----	Pound -----	1	1-2/3	.032
BUTTER OR MARGARINE	1 teaspoon -----	Pound -----	1/3	2/3	.011
CABBAGE					
Fresh -----	2 tablespoons raw chopped -	Pound -----	1	1-3/4	.035
	1/4 cup cooked wedges -----	Pound -----	3-1/4	6-1/4	.123
	2 tablespoons cooked wedges.	Pound -----	1-2/3	3-1/4	.062
CANTALOUPE -----	1/8 melon -----	Melon (1-1/2 pounds) -	3-1/4	6-1/4	.125



FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
CARROTS					
Fresh -----	3 raw strips -----	Pound -----	7-1/4	2-1/4	0.042
	1/4 cup cooked, sliced or diced.	Pound -----	3	6	.118
	2 tablespoons cooked, sliced or diced.	Pound -----	1-1/2	3	.059
Frozen -----	1/4 cup cooked -----	Pound -----	2-1/3	4-2/3	.092
		2-1/2-pound package -	1	2	.037
	2 tablespoons cooked -----	Pound -----	1-1/4	2-1/3	.046
		2-1/2-pound package -	1/2	1	.019
Canned -----	1/4 cup heated -----	No. 303 can -----	3-1/2	7	.138
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons heated -----	No. 303 can -----	1-3/4	3-1/2	.069
		No. 10 can -----	1/3	2/3	.011
CATSUP -----	1 tablespoon -----	14-ounce bottle -----	1-1/4	2-1/4	.042
CAULIFLOWER					
Fresh -----	2 tablespoons raw sliced -----	Pound -----	1-2/3	3-1/4	.064
	1/4 cup cooked flowerets -----	Pound -----	4-1/3	8-2/3	.174
	2 tablespoons cooked flowerets.	Pound -----	2-1/4	4-1/3	.087

FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
CAULIFLOWER—Continued Frozen -----	1/4 cup cooked -----	Pound -----	2-2/3	5-1/3	0.106
		2-1/2-pound package -----	1-1/4	2-1/4	.043
	2 tablespoons cooked -----	Pound -----	1-1/3	2-2/3	.053
		2-1/2-pound package -----	2/3	1-1/4	.022
CELERY Fresh -----	2 raw sticks -----	Pound -----	1-1/4	2-1/3	.047
	1/4 cup cooked chopped -----	Pound -----	1-3/4	5-1/2	.110
	2 tablespoons cooked chopped.	Pound -----	1-1/2	2-3/4	.055
CEREALS Ready-to-eat, unsweetened.					
Flakes -----	1/2 cup -----	Pound -----	1	1-2/3	.032
Puffed -----	1/2 cup -----	Pound -----	2/3	1-1/4	.021
CHEESE					
Cheddar -----	1 ounce -----	Pound -----	1-2/3	3-1/4	.063
Cottage -----	2 tablespoons -----	Pound -----	1-2/3	3-1/4	.063
CHEESE FOOD -----	2 tablespoons -----	16-ounce jar -----	1-2/3	3-1/4	.063

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Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
CHERRIES					
Fresh					
All varieties -----	1/4 cup cherries -----	Pound -----	2-1/2	5	0.098
	2 tablespoons cherries -----	Pound -----	1-1/4	2-1/2	.049
Frozen					
Red, tart, pitted -----	1/4 cup fruit and juice -----	Pound -----	4	7-2/3	.152
	2 tablespoons fruit and juice -----	Pound -----	2	4	.076
Canned					
Red, tart, pitted -----	1/4 cup fruit and juice -----	No. 303 can -----	3-1/2	7	.137
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons fruit and juice -----	No. 303 can -----	1-3/4	3-1/2	.069
		No. 10 can -----	1/3	2/3	.011
CHICKEN, FRESH OR FROZEN.					
Fryer parts					
Breast halves -----	1/2 of a breast half -----	Pound -----	4	7-2/3	.151
Drumsticks -----	1 drumstick -----	Pound -----	4-2/3	9-1/4	.185
Thighs -----	1 thigh -----	Pound -----	5	10	.199
Stewing chicken					
Dressed -----	1 ounce cooked -----	Pound -----	4-1/4	8-1/2	.168

FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
COLLARDS					
Fresh -----	1/4 cup cooked -----	Pound -----	3	6	0.119
	2 tablespoons cooked -----	Pound -----	1-1/2	3	.060
Frozen -----	1/4 cup cooked -----	Pound -----	2-3/4	5-1/2	.108
		3-pound package -----	1	2	.036
	2 tablespoons cooked -----	Pound -----	1-1/2	2-3/4	.054
		3-pound package -----	1/2	1	.018
Canned -----	1/4 cup heated -----	No. 303 can -----	4-2/3	9-1/3	.186
		No. 10 can -----	1	1-2/3	.034
	2 tablespoons heated -----	No. 303 can -----	2-1/3	4-2/3	.093
		No. 10 can -----	1/2	1	.017
CORN					
Fresh, on cob -----	1/2 ear -----	Dozen -----	1-1/4	2-1/4	.042
	1/4 ear -----	Dozen -----	2/3	1-1/4	.021
Fresh, in husks -----	1/4 cup cooked kernels -----	Pound -----	6	11-3/4	.234
	2 tablespoons cooked kernels -----	Pound -----	3	6	.117
Frozen Whole kernel -----	1/4 cup cooked -----	Pound -----	2-2/3	5-1/4	.104
		2-1/2-pound package -----	1-1/4	2-1/4	.042
	2 tablespoons cooked -----	Pound -----	1-1/3	2-2/3	.052
		2-1/2-pound package -----	2/3	1-1/4	.021

FOOD BUYING GUIDE

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CORN—Continued Canned Whole kernel -----	1/4 cup heated -----	No. 303 can -----	4	7-2/3	0.153
		No. 10 can -----	2/3	1-1/4	.023
	2 tablespoons heated -----	No. 303 can -----	2	4	.077
		No. 10 can -----	1/3	2/3	.012
CORN GRITS -----	1/4 cup cooked -----	Pound -----	2/3	1-1/4	.021
CORNMEAL -----	1/4 cup cooked -----	Pound -----	2/3	1-1/4	.022
CRACKERS					
Graham -----	2 crackers -----	Pound -----	1	1-2/3	.034
Saltines -----	4 crackers -----	Pound -----	1	2	.036
Soda -----	2 crackers -----	Pound -----	2/3	1-1/4	.025
CUCUMBERS					
Fresh -----	2 tablespoons diced -----	Pound -----	1-2/3	3-1/4	.061



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DATES					
Dehydrated					
Regular dried -----	1/4 cup dry fruit -----	Pound -----	2-2/3	5-1/4	0.104
	2 tablespoons dry fruit -----	Pound -----	1-1/3	2-2/3	.052
Low moisture -----	1/4 cup dry fruit -----	Pound -----	1-3/4	3-1/2	.070
	2 tablespoons dry fruit -----	Pound -----	1	1-3/4	.035
EGGS, SHELL -----					
	1 egg -----	Dozen -----	2-1/4	4-1/4	.084
FISH					
Fresh or frozen					
Fillet -----	1 ounce cooked -----	Pound -----	2-1/2	5	.098
Frozen					
Portions, breaded or unbreaded.	1 portion -----	Pound -----	3-1/4	6-1/4	.125
Sticks -----	2 sticks -----	Pound -----	3-1/4	6-1/4	.125
Canned. See Salmon, Tuna.					
FRANKFURTERS (all meat)					
8 per pound -----	1 frankfurter -----	Pound -----	3-1/4	6-1/4	.125
10 per pound -----	1 frankfurter -----	Pound -----	2-1/2	5	.100

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FRUIT COCKTAIL					
Canned -----	1/4 cup fruit and juice -----	No. 303 can -----	3-1/3	6-2/3	0.132
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons fruit and juice -----	No. 303 can -----	1-2/3	3-1/3	.066
		No. 10 can -----	1/3	2/3	.011
Dehydrated Low moisture -----	1/4 cup cooked -----	Pound -----	2/3	1-1/4	.025
	2 tablespoons cooked -----	Pound -----	1/3	2/3	.013
GELATIN, FLAVORED -----					
	1/4 cup ready-to-serve -----	3-ounce package -----	3-1/4	6-1/4	.125
GRAPEFRUIT					
Fresh -----	1/4 cup sections -----	Pound -----	7-1/4	14-1/2	.290
	2 tablespoons sections -----	Pound -----	3-2/3	7-1/4	.145
Frozen, sections -----	1/4 cup fruit and juice -----	Pound -----	3-1/2	7	.136
	2 tablespoons fruit and juice -----	Pound -----	1-3/4	3-1/2	.068
Canned, sections -----	1/4 cup fruit and juice -----	No. 300 can -----	3-3/4	7-1/2	.150
		No. 3 cylinder can -----	1-1/4	2-1/4	.044
	2 tablespoons fruit and juice -----	No. 300 can -----	2	3-3/4	.075
		No. 3 cylinder can -----	2/3	1-1/4	.022

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GRAPES					
Fresh, seedless -----	1/4 cup grapes -----	Pound -----	2-1/2	5	0.099
	2 tablespoons grapes -----	Pound -----	1-1/4	2-1/2	.050
HAM. See Pork, cured.					
HAMBURGER. See Beef, fresh, ground.					
HONEY					
Strained -----	1 tablespoon -----	Pound -----	1-1/4	2-1/2	.047
HONEYDEW MELON					
Fresh -----	1/4 cup cubed -----	Pound -----	4-1/4	8-1/3	.166
	2 tablespoons cubed -----	Pound -----	2-1/4	4-1/4	.083
ICE CREAM -----	1/4 cup -----	Quart -----	1-2/3	3-1/4	.063
JAMS AND JELLIES -----	1 tablespoon -----	10-ounce jar ----- 18-ounce jar -----	1-1/2 1	3 2	.056 .040
JUICES					
Fruit and vegetable					
Frozen, concentrated -----	1/4 cup reconstituted -----	6-fluid ounce can ----- 12-fluid ounce can ----- 32-fluid ounce can -----	2-1/4 1-1/4 1/2	4-1/4 2-1/4 1	.084 .042 .016

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JUICES—Continued. Fruit and vegetable— Continued. Canned, single strength	1/4 cup juice -----	18-fluid ounce can ---- (No. 2 can)	3	5-2/3	0.112	
		46-fluid ounce can ---- (No. 3 cylinder can)	1-1/4	2-1/4	.044	
		96-fluid ounce can ---- (No. 10 can)	2/3	1-1/4	.021	
KALE	Fresh -----	1/4 cup cooked -----	Pound -----	2-1/2	4-3/4	.095
		2 tablespoons cooked -----	Pound -----	1-1/4	2-1/2	.048
	Frozen -----	1/4 cup cooked -----	Pound -----	3-1/3	6-2/3	.133
		3-pound package -----		1-1/4	2-1/4	.045
		2 tablespoons cooked -----	Pound -----	1-2/3	3-1/3	.067
		3-pound package -----		2/3	1-1/4	.023
	Canned -----	1/4 cup heated -----	No. 303 can -----	4-3/4	9-1/2	.188
			No. 10 can -----	1	1-2/3	.034
		2 tablespoons heated -----	No. 303 can -----	2-1/2	4-3/4	.094
			No. 10 can -----	1/2	1	.017



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LAMB					
Ground -----	1 ounce cooked -----	Pound -----	2-2/3	5-1/4	0.103
Shoulder roast Boneless -----	1 ounce cooked -----	Pound -----	2-1/4	4-1/2	.090
With bone -----	1 ounce cooked -----	Pound -----	3	5-3/4	.115
Stew meat Boneless -----	1 ounce cooked -----	Pound -----	2-1/2	5	.096
LETTUCE, HEAD					
Fresh -----	2 tablespoons raw pieces -----	Pound -----	1/2	1	.020
LIMA BEANS. See Beans, Lima.					
LIVER					
Beef -----	1 ounce cooked -----	Pound -----	2-1/3	4-2/3	.091
Pork -----	1 ounce cooked -----	Pound -----	2-2/3	5-1/4	.104
LUNCHEON MEAT -----	1-ounce slice -----	Pound -----	1-2/3	3-1/4	.063
MACARONI -----	1/4 cup cooked -----	Pound -----	3/4	1-1/2	.028
MARGARINE. See Butter.					

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MAYONNAISE. See Salad dressing.					
MEAT. See Beef, Lamb, Pork, Veal.					
MELONS. See Cantaloup, Honeydew, Watermelon.					
MIXED VEGETABLES					
Frozen -----	1/4 cup cooked -----	Pound -----	2-3/4	5-1/2	0.110
		2-1/2-pound package -	1-1/4	2-1/4	.044
	2 tablespoons cooked -----	Pound -----	1-1/2	2-3/4	.055
		2-1/2-pound package -	2/3	1-1/4	.022
Canned -----	1/4 cup heated -----	No. 303 can -----	3-2/3	7-1/4	.143
		No. 10 can -----	2/3	1-1/4	.022
	2 tablespoons heated -----	No. 303 can -----	2	3-2/3	.072
		No. 10 can -----	1/3	2/3	.011
MUSTARD GREENS					
Fresh -----	1/4 cup cooked -----	Pound -----	5-1/4	10-1/4	.205
	2 tablespoons cooked -----	Pound -----	2-2/3	5-1/4	.103

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MUSTARD GREENS— Continued					
Frozen -----	1/4 cup cooked -----	Pound -----	3-2/3	7-1/4	0.142
		3-pound package -----	1-1/4	2-1/2	.048
	2 tablespoons cooked -----	Pound -----	2	3-2/3	.071
		3-pound package -----	2/3	1-1/4	.024
Canned -----	1/4 cup heated -----	No. 303 can -----	4-1/2	9	.180
		No. 10 can -----	1	1-2/3	.034
	2 tablespoons heated -----	No. 303 can -----	2-1/4	4-1/2	.090
		No. 10 can -----	1/2	1	.017
NECTARINES					
Fresh -----	1/2 nectarine -----	Pound -----	3-1/4	6-1/4	.125
	1/4 nectarine -----	Pound -----	1-2/3	3-1/4	.063
NOODLES -----	1/4 cup cooked -----	Pound -----	1	1-2/3	.032
OATMEAL. See Rolled Oats.					
OKRA					
Fresh -----	1/4 cup cooked -----	Pound -----	2-3/4	5-1/2	.110
	2 tablespoons cooked -----	Pound -----	1-1/2	2-3/4	.055

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OKRA—Continued					
Frozen -----	1/4 cup cooked -----	Pound -----	3-1/4	6-1/2	0.128
		3-pound package -----	1-1/4	2-1/4	.043
	2 tablespoons cooked -----	Pound -----	1-2/3	3-1/4	.064
		3-pound package -----	2/3	1-1/4	.022
Canned -----	1/4 cup heated -----	No. 303 can -----	3-2/3	7-1/4	.141
		No. 10 can -----	2/3	1-1/4	.025
	2 tablespoons heated -----	No. 303 can -----	2	3-2/3	.071
		No. 10 can -----	1/3	2/3	.013
ONIONS, MATURE					
Fresh -----	1 tablespoon chopped -----	Pound -----	2/3	1-1/4	.025
	1/4 cup cooked pieces -----	Pound -----	3-2/3	7-1/4	.143
	2 tablespoons cooked pieces -----	Pound -----	2	3-2/3	.072
ORANGES					
Fresh -----	1/2 orange -----	Dozen -----	1-1/4	2-1/4	.042
	1/4 cup sections -----	Pound -----	4-1/2	9	.178
	2 tablespoons sections -----	Pound -----	2-1/4	4-1/2	.089
ORANGE JUICE. See Juices, Fruit and vegetable.					

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PARSNIPS					
Fresh -----	1/4 cup cooked pieces -----	Pound -----	3-1/4	6-1/3	0.127
	2 tablespoons cooked pieces -----	Pound -----	1-2/3	3-1/4	.064
PEACHES					
Fresh -----	1/2 peach -----	Pound -----	3-1/4	6-1/4	.125
	1/4 peach -----	Pound -----	1-2/3	3-1/4	.063
Frozen, sliced -----	1/4 cup fruit and juice -----	Pound -----	3-3/4	7-1/2	.148
	2 tablespoons fruit and juice -----	Pound -----	2	3-3/4	.074
Canned, sliced -----	1/4 cup fruit and juice -----	No. 2-1/2 can -----	2	4	.078
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons fruit and juice -----	No. 2-1/2 can -----	1	2	.039
		No. 10 can -----	1/3	2/3	.011
Dehydrated					
Low moisture, slices -----	1/4 cup cooked -----	Pound -----	2/3	1-1/3	.026
	2 tablespoons cooked -----	Pound -----	1/3	2/3	.013
PEANUT BUTTER -----	2 tablespoons -----	Pound -----	2	3-2/3	.072
		No. 10 can -----	1/3	2/3	.011

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PEARS					
Fresh -----	1/2 pear -----	Pound -----	3-1/4	6-1/4	0.125
	1/4 pear -----	Pound -----	1-2/3	3-1/4	.063
Canned, halves -----	1/4 cup fruit and juice -----	No. 303 can -----	3-1/2	6-3/4	.135
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons fruit and juice -----	No. 303 can -----	1-3/4	3-1/2	.068
		No. 10 can -----	1/3	2/3	.011
PEAS, DRY					
Split -----	1/4 cup cooked -----	Pound -----	1-1/4	2-1/2	.050
PEAS, GREEN					
Fresh	1/4 cup cooked -----	Pound -----	6-1/2	12-3/4	.254
		Pound -----	3-1/4	6-1/2	.127
Shelled -----	1/4 cup cooked -----	Pound -----	2-1/2	5	.096
	2 tablespoons cooked -----	Pound -----	1-1/4	2-1/2	.048
Frozen -----	1/4 cup cooked -----	Pound -----	2-1/2	5	.096
		2-1/2-pound package -----	1	2	.039
	2 tablespoons cooked -----	Pound -----	1-1/4	2-1/2	.048
		2-1/2-pound package -----	1/2	1	.020

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PEAS, GREEN—Continued.					
Canned -----	1/4 cup heated -----	No. 303 can -----	3-2/3	7-1/4	0.143
		No. 10 can -----	2/3	1-1/4	.022
	2 tablespoons heated -----	No. 303 can -----	2	3-2/3	.072
		No. 10 can -----	1/3	2/3	.011
PEAS AND CARROTS					
Frozen -----	1/4 cup cooked -----	Pound -----	2-1/2	5	.100
		2-1/2-pound package -----	1	2	.040
	2 tablespoons cooked -----	Pound -----	1-1/4	2-1/2	.050
		2-1/2-pound package -----	2/3	1	.020
Canned -----	1/4 cup heated -----	No. 303 can -----	3-2/3	7-1/4	.143
		No. 10 can -----	2/3	1-1/4	.022
	2 tablespoons heated -----	No. 303 can -----	2	3-2/3	.072
		No. 10 can -----	1/3	2/3	.011
PEPPERS, GREEN					
Fresh -----	2 tablespoons raw strips -----	Pound -----	1	1-2/3	.032
PINEAPPLE					
Fresh -----	1/4 cup cubed -----	Pound -----	4-1/2	8-2/3	.171
	2 tablespoons cubed -----	Pound -----	2-1/4	4-1/3	.086
Frozen, chunks -----	1/4 cup fruit and juice -----	Pound -----	3-1/2	7	.136
	2 tablespoons fruit and juice -----	Pound -----	1-3/4	3-1/2	.068

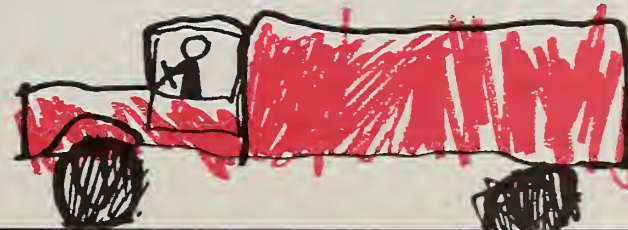
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PINEAPPLE—Continued Canned Chunks, cubes, tidbits.	1/4 cup fruit and juice -----	No. 2-1/2 can -----	2	3-2/3	0.073
		No. 10 can -----	1/2	1	.020
	2 tablespoons fruit and juice -----	No. 2-1/2 can -----	1	2	.037
		No. 10 can -----	1/4	1/2	.010
	Crushed ----- 1/4 cup fruit and juice -----	No. 2-1/2 can -----	2	4	.076
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons fruit and juice -----	No. 2-1/2 can -----	1	2	.038
		No. 10 can -----	1/3	2/3	.011
PLUMS Fresh -----	1 plum -----	Pound -----	3-1/4	6-1/4	.125
	1/2 plum -----	Pound -----	1-2/3	3-1/4	.063
	Canned Purple, whole ----- 1/4 cup fruit and juice -----	No. 2-1/2 can -----	2	3-2/3	.074
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons fruit and juice -----	No. 2-1/2 can -----	1	2	.037
		No. 10 can -----	1/3	2/3	.011



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PORK, CURED					
Ham					
Boneless -----	1 ounce cooked slices -----	Pound -----	2-1/2	5	0.097
With bone -----	1 ounce cooked slices -----	Pound -----	3	5-2/3	.113
Shoulder roast (Boston butt)					
Boneless -----	1 ounce cooked -----	Pound -----	2-1/3	4-2/3	.093
With bone -----	1 ounce cooked -----	Pound -----	2-1/2	4-3/4	.094
Ham, canned					
Chopped -----	1 ounce cooked chopped -----	Pound -----	1-2/3	3-1/4	.063
Smoked -----	1 ounce cooked slices and pieces.	Pound -----	2-1/4	4-1/4	.082
PORK, FRESH					
Ground -----	1 ounce cooked -----	Pound -----	2-3/4	5-1/2	.110
Sausage					
Bulk or link -----	1 ounce cooked -----	Pound -----	3-1/3	6-2/3	.131
Shoulder roast (picnic)					
Boneless -----	1 ounce cooked -----	Pound -----	2-1/2	5	.098
With bone -----	1 ounce cooked -----	Pound -----	4	7-2/3	.152



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POTATOES					
Fresh -----	1/4 cup cooked diced -----	Pound -----	2-3/4	5-1/2	0.109
	2 tablespoons cooked diced -----	Pound -----	1-1/2	2-3/4	.055
	1/4 cup cooked mashed -----	Pound -----	3-2/3	7-1/4	.145
	2 tablespoons cooked mashed.	Pound -----	2	3-2/3	.073
	1/2 baked potato -----	Pound -----	3-1/4	6-1/4	.125
	1/4 baked potato -----	Pound -----	1-2/3	3-1/4	.063
Canned Small, whole -----	1/4 cup heated -----	No. 2 can -----	3-1/4	6-1/4	.122
		No. 10 can -----	2/3	1-1/4	.022
	2 tablespoons heated -----	No. 2 can -----	1-2/3	3-1/4	.061
		No. 10 can -----	1/3	2/3	.011
Dehydrated Low moisture flakes or granules.	1/4 cup reconstituted -----	Pound -----	2/3	1-1/4	.024
	2 tablespoons reconstituted -----	Pound -----	1/3	2/3	.012
PRUNES					
Canned -----	1/4 cup fruit and juice -----	No. 2-1/2 can -----	2	3-3/4	.074
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons fruit and juice -----	No. 2-1/2 can -----	1	2	.037
		No. 10 can -----	1/3	2/3	.011

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PRUNES—Continued					
Dehydrated Regular dried -----	1/4 cup cooked -----	Pound -----	1–1/2	2–3/4	0.055
	2 tablespoons cooked -----	Pound -----	3/4	1–1/2	.028
Low moisture -----	1/4 cup cooked -----	Pound -----	3/4	1–1/2	.030
	2 tablespoons cooked -----	Pound -----	1/2	3/4	.015
RADISHES (no tops) ----	1 tablespoon raw sliced ----	Pound -----	1/2	1	.019
RAISINS					
Dehydrated Regular dried -----	1/4 cup dried fruit -----	Pound -----	2–1/4	4–1/2	.090
	2 tablespoons dried fruit -----	Pound -----	1–1/4	2–1/4	.045
RASPBERRIES					
Fresh -----	1/4 cup berries -----	Pint -----	2–2/3	5–1/4	.105
	2 tablespoons berries -----	Pint -----	1–1/3	2–2/3	.053
Frozen Red -----	1/4 cup fruit and juice -----	Pound -----	3–1/2	7	.136
	2 tablespoons fruit and juice -----	Pound -----	1–3/4	3–1/2	.068
Canned Red -----	1/4 cup fruit and juice -----	No. 303 can -----	3–1/2	7	.136
		No. 10 can -----	1/2	1	.020
	2 tablespoons fruit and juice -----	No. 303 can -----	1–3/4	3–1/2	.068
		No. 10 can -----	1/4	1/2	.010

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RHUBARB					
Fresh, partly trimmed	1/4 cup cooked	Pound	3-1/3	6-2/3	0.133
	2 tablespoons cooked	Pound	1-2/3	3-1/3	.067
Frozen	1/4 cup fruit and juice	Pound	3-1/4	6-1/2	.130
		2-1/2-pound package	1-1/3	2-2/3	.052
	2 tablespoons fruit and juice	Pound	1-2/3	3-1/3	.065
		2-1/2-pound package	2/3	1-1/3	.026
RICE	1/4 cup cooked	Pound	3/4	1-1/2	.030
ROLLED OATS	1/4 cup cooked	Pound	2/3	1-1/4	.022
ROLLED WHEAT	1/4 cup cooked	Pound	1	2	.038
RUTABAGAS					
Fresh	1/4 cup cooked cubed	Pound	3-1/4	6-1/4	.121
	2 tablespoons cooked cubed	Pound	1-2/3	3-1/4	.061
SALAD DRESSING	1 teaspoon	8 ounces	2/3	1-1/4	.021
		1 pint	1/3	2/3	.011
SALMON					
Canned	1 ounce	16-ounce can	2	4	.077

FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
SAUERKRAUT Canned -----	1/4 cup heated -----	No. 303 can -----	3-1/4	6-1/4	0.124
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons heated -----	No. 303 can -----	1-2/3	3-1/4	.062
		No. 10 can -----	1/3	2/3	.011
SIRUPS -----	1 tablespoon -----	12 fluid ounces -----	1-1/4	2-1/4	.042
SOUPS Canned, condensed -----	1/2 cup reconstituted -----	No. 1 picnic ----- (about 10-ounce can)	5	10	.200
		No. 3 cylinder ----- (about 50-ounce can)	1-1/4	2-1/4	.044
	Frozen -----	10-ounce can -----	5	10	.200
SPAGHETTI -----	1/4 cup cooked -----	Pound -----	3/4	1-1/2	.028
SPINACH Fresh -----	2 tablespoons raw pieces -----	Pound -----	1/2	1	.020
	1/4 cup cooked -----	Pound -----	4-1/4	8-1/4	.164
	2 tablespoons cooked -----	Pound -----	2-1/4	4-1/4	.082
	Frozen -----	Pound -----	3-1/3	6-2/3	.131
		3-pound package -----	1-1/4	2-1/4	.044
		Pound -----	1-2/3	3-1/3	.066
	2 tablespoons cooked -----	3-pound package -----	2/3	1-1/4	.022

FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
SPINACH—Continued					
Canned -----	1/4 cup heated -----	No. 303 can -----	4-2/3	9-1/4	0.182
		No. 10 can -----	1	1-2/3	.034
	2 tablespoons heated -----	No. 303 can -----	2-1/3	4-2/3	.091
		No. 10 can -----	1/2	1	.017
SQUASH, SUMMER ¹					
Fresh -----	1/4 cup cooked diced -----	Pound -----	3-2/3	7-1/4	.141
	2 tablespoons cooked diced -----	Pound -----	1-3/4	3-2/3	.071
Frozen -----	1/4 cup cooked -----	Pound -----	3	6	.117
		2-1/2-pound package -----	1-1/4	2-1/3	.047
	2 tablespoons cooked -----	Pound -----	1-1/2	3	.059
		2-1/2-pound package -----	2/3	1-1/4	.024
SQUASH, WINTER ²					
Fresh -----	1/4 cup cooked cubed -----	Pound -----	5-1/3	10-2/3	.211
	2 tablespoons cooked cubed -----	Pound -----	2-2/3	5-1/3	.106
Frozen -----	1/4 cup cooked -----	Pound -----	3-2/3	7-1/3	.146
		2-1/2-pound package -----	1-1/2	3	.059
	2 tablespoons cooked -----	Pound -----	2	3-2/3	.073
		2-1/2-pound package -----	3/4	1-1/2	.030

¹ Such as crookneck, straightneck, and zucchini.

² Such as acorn, butternut, and hubbard.

FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
STRAWBERRIES					
Fresh -----	1/4 cup whole berries -----	Quart -----	1-1/2	3	0.060
	2 tablespoons whole berries -----	Quart -----	3/4	1-1/2	.030
Frozen -----	1/4 cup fruit and juice -----	Pound -----	3-2/3	7-1/4	.142
	2 tablespoons fruit and juice -----	Pound -----	2	3-2/3	.071
Canned -----	1/4 cup fruit and juice -----	No. 303 can -----	3-1/2	6-3/4	.134
		No. 10 can -----	1/2	1	.020
	2 tablespoons fruit and juice -----	No. 303 can -----	1-3/4	3-1/2	.067
		No. 10 can -----	1/4	1/2	.010
SUCCOTASH					
Frozen -----	1/4 cup cooked -----	Pound -----	2-2/3	5-1/4	.103
		2-1/2-pound package -----	1-1/4	2-1/4	.042
	2 tablespoons cooked -----	Pound -----	1-1/3	2-2/3	.052
		2-1/2-pound package -----	2/3	1-1/4	.021
Canned -----	1/4 cup heated -----	No. 303 can -----	4-1/4	8-1/2	.168
		No. 10 can -----	2/3	1-1/4	.025
	2 tablespoons heated -----	No. 303 can -----	2-1/4	4-1/4	.084
		No. 10 can -----	1/3	2/3	.013



FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
SWEETPOTATOES					
Fresh -----	1/4 cup cooked sliced -----	Pound -----	4	7-3/4	0.154
	2 tablespoons cooked sliced -----	Pound -----	2	4	.077
Frozen -----	1/4 baked potato -----	Pound -----	3-1/4	6-1/4	.125
	1/4 cup cooked -----	Pound -----	3	5-2/3	.113
	2 tablespoons cooked -----	2-1/2-pound package -----	1-1/4	2-1/4	.045
		Pound -----	1-1/2	3	.056
Canned, sirup pack -----	1/4 cup heated -----	2-1/2-pound package -----	2/3	1-1/4	.023
		No. 2 can -----	3-1/4	6-1/3	.126
	2 tablespoons heated -----	No. 10 can -----	2/3	1-1/4	.025
		No. 2 can -----	1-2/3	3-1/4	.063
Dehydrated Low moisture Flakes -----	1/4 cup reconstituted -----	No. 10 can -----	1/3	2/3	.013
		Pound -----	1-1/4	2-1/2	.049
	2 tablespoons reconstituted -----	Pound -----	2/3	1-1/4	.025
		TANGERINES			
Fresh -----	1/2 tangerine -----	Dozen -----	1-1/4	2-1/4	.042
	1/4 tangerine -----	Dozen -----	2/3	1-1/4	.021
	1/2 tangerine -----	Pound -----	3-1/4	6-1/4	.125
	1/4 tangerine -----	Pound -----	1-2/3	3-1/4	.063

FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
TOMATOES					
Fresh -----	2 tablespoons raw sliced -----	Pound -----	1-1/4	2-1/2	0.050
Canned -----	1/4 cup heated -----	No. 303 can -----	3-1/3	6-2/3	.132
		No. 10 can -----	2/3	1-1/4	.021
	2 tablespoons heated -----	No. 303 can -----	1-2/3	3-1/3	.066
		No. 10 can -----	1/3	2/3	.011
TUNA					
Canned -----	1 ounce -----	6- to 7-ounce can -----	4-1/4	8-1/3	.167
TURKEY ROLL OR ROASTS. (frozen, boneless)					
Cook before eating -----	1 ounce cooked -----	Pound -----	2-2/3	5-1/4	.103
Cooked -----	1 ounce cooked -----	Pound -----	1-3/4	3-1/2	.068
TURNIPS					
Fresh -----	2 tablespoons raw diced -----	Pound -----	1-1/4	2-1/3	.046
	1/4 cup cooked cubed -----	Pound -----	3-2/3	7-1/4	.143
	2 tablespoons cooked cubed -----	Pound -----	2	3-2/3	.072



FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
TURNIP GREENS					
Fresh -----	1/4 cup cooked -----	Pound -----	6	12	0.236
	2 tablespoons cooked -----	Pound -----	3	6	.118
Frozen -----	1/4 cup cooked -----	Pound -----	3-2/3	7-1/4	.142
		3-pound package -----	1-1/4	2-1/2	.048
	2 tablespoons cooked -----	Pound -----	2	3-2/3	.071
		3-pound package -----	2/3	1-1/4	.024
Canned -----	1/4 cup heated -----	No. 2-1/2 can -----	2-2/3	5-1/3	.106
		No. 10 can -----	1	1-2/3	.034
	2 tablespoons heated -----	No. 2-1/2 can -----	1-1/3	2-2/3	.053
		No. 10 can -----	1/2	1	.017
VEAL					
Ground -----	1 ounce cooked -----	Pound -----	2-1/2	5	.098
Leg roast Boneless -----	1 ounce cooked -----	Pound -----	2-1/3	4-2/3	.091
	With bone -----	Pound -----	3-1/4	6-1/2	.128
Shoulder roast Boneless -----	1 ounce cooked -----	Pound -----	2-1/2	4-3/4	.095
Stew meat -----	1 ounce cooked -----	Pound -----	2-1/2	5	.096



FOOD BUYING GUIDE

Food as purchased (1)	Size and description of serving or portion (2)	Purchase unit (3)	Purchase units of food to buy for:		
			25 servings (4)	50 servings (5)	Any other number of servings (multiply by the factor below): (6)
VEGETABLES, MIXED. See Mixed Vegetables.					
WATERMELON -----	1/4 cup cubed -----	Pound -----	5	9-2/3	0.193
		Melon ----- (7-pound)	1	1-2/3	.032
	2 tablespoons cubed -----	Pound -----	2-1/2	5	.097
		Melon ----- (7-pound)	1/2	1	.016





RECIPES FOR 25 AND 50 SMALL PORTIONS

Preparation, cooking, and serving suggestions as well as the recipes are grouped in the following sections:

Cereal Products	Sandwiches
Desserts	Sauces
Main Dishes	Soups
Salads	Vegetables

The Recipe Form

At the top of the page, the name of the recipe is given in the center; the section, such as Main Dishes, is on the right side; and the portion size of prepared food is on the left side.

The recipe is divided into five columns as follows:

Ingredients.—The ingredients are listed in the form in which they are used in the recipe and in the order in which they are used. Amounts of selected ingredients to purchase by weight or by number of cans can be calculated using the “Factors To Use In Determining Amounts Of Ingredients To Buy For Use In The Recipes” (pages 111 to 116).

25 and 50 portions.—Specific amounts of each ingredient to be used in preparing the recipe are listed.

For — portions.—This column is to be used for entering the quantity of each ingredient needed

for the number of portions to be prepared in any Head Start Center.

Directions.—The information in this column tells how to proceed in preparing the recipe. Each major step in the procedure, including the ingredients used in this step, is separated from the next step in the procedure by a horizontal line. The terms used in the directions are simple and easy to understand. Directions are given for the use of standard household equipment.

Ingredients

Recipes in this publication were tested with the ingredients listed. When two ingredients work equally well, both are listed.

“All-purpose flour” as used in these recipes refers to unsifted flour. Recipes in this publication are not intended for use with self-rising flour.

“Baking powder” as used in the recipes refers to double-acting baking powder that leavens during mixing and again during baking. However, quick-acting (single-acting) baking powder containing cream of tartar can be used satisfactorily in foods that are mixed and baked immediately. The quantity of single-acting baking powder to use will be twice as much, as indicated on page 49.

“Fat or oil” refers to any type—butter, margarine, shortening, lard, or any kind of vegetable

oil. In recipes specifying a particular type of fat—"butter or margarine," for example—best results will be obtained if the fat suggested is used. Recipes in this publication are not intended for use with whipped fats.

"Large size eggs" weighing 24 ounces per dozen were used to standardize the recipes. Buy only high-quality, clean eggs with no cracks in the shell. Cracked or soiled eggs may contain bacteria that can cause food poisoning. As a safeguard, any soiled or cracked eggs in the carton should be thoroughly cooked or used in thoroughly cooked foods such as baked breads, cakes, long-cooked casseroles, or baked custards. Follow directions in recipes carefully, fill container no deeper than specified, and cook the length of time indicated.

Measuring Foods

Part of cup.—Use tablespoons or small measures— $\frac{1}{2}$, $\frac{1}{3}$, $\frac{1}{4}$ cup—for greater accuracy.

Brown sugar (regular).—Pack firmly into cup or spoon and level off top with straight edge of spatula or knife.

Solid fats.—Pack fat firmly into cup or smaller measure and level off top with straight edge of spatula or knife.

To measure less than 1 cup you can also use the water method: Partly fill a cup with cold water, leaving enough space for the amount of fat

needed. (To measure $\frac{1}{4}$ cup of fat, for example, fill cup with water to $\frac{3}{4}$ mark.) Spoon fat into cup, push under water until water level reaches 1-cup mark. Drain thoroughly; remove fat.

For solid fat in sticks or pounds, cut off amount needed. One pound measures about 2 cups; a $\frac{1}{4}$ -pound stick of butter or margarine measures $\frac{1}{2}$ cup.

Flour.—Spoon flour lightly into measuring cup until measure is overflowing. Do not shake or tap cup. Level off top with straight edge of spatula or knife.

Fine meal, fine crumbs.—Stir lightly with fork or spoon. Measure like flour.

Baking power, cornstarch, cream of tartar, spices.—Dip spoon into container and bring it up heaping full. Level off top with straight edge of spatula or knife.

Dry milk.—Spoon lightly into measuring cup until measure is overflowing. Do not shake. Level off top with straight edge of spatula or knife.

Common Food Measures

1 tablespoon = 3 teaspoons

1 fluid ounce = 2 tablespoons

1 cup = 16 tablespoons or 8 fluid ounces

1 pint = 2 cups

1 quart = 2 pints or 4 cups

1 gallon = 4 quarts

Substitution of Ingredients

Ingredients that may be used in place of other ingredients are listed below.

For these—

Use any of these—

1 whole egg, for thickening or baking.

- 2 egg yolk

1 cup butter or margarine, for baking.

- $\frac{7}{8}$ cup¹ vegetable or animal shortening plus $\frac{1}{2}$ teaspoon salt.

1 ounce unsweetened chocolate.

- 3 tablespoons cocoa plus 1 tablespoon fat.

1 teaspoon double-acting baking powder.

- 2 teaspoons quick-acting baking powder.
- $\frac{1}{4}$ teaspoon baking soda plus $\frac{1}{2}$ cup sour milk or buttermilk.

1 cup buttermilk or sour milk, for baking.

- 1 cup fluid whole milk plus 1 tablespoon vinegar or lemon juice.
- 1 cup fluid whole milk plus $1\frac{3}{4}$ teaspoons cream of tartar.

For these—

Use any of these—

1 cup fluid whole milk

- $\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water.
- 1 cup reconstituted nonfat dry milk plus 2– $\frac{1}{2}$ teaspoons butter or margarine.

1 cup fluid skim milk

- 1 cup reconstituted nonfat dry milk.

1 cup USDA² nonfat dry milk.

- 2 cups instant nonfat dry milk.

1 tablespoon flour, for thickening.

- $\frac{1}{2}$ tablespoon cornstarch.
- 2 teaspoons quick-cooking tapioca.

1 cup cake flour, for baking.

- $\frac{7}{8}$ cup¹ all-purpose flour.

¹ To measure $\frac{7}{8}$ cup remove 2 tablespoons from 1 level cup.

² Donated by the U. S. Department of Agriculture.

BISCUITS

Portion: 1 biscuit

Cereal Products

Ingredients	25 portions	50 portions	For _____ portions	Directions
All-purpose flour -----	1 quart -----	2 quarts -----	-----	1. Mix dry ingredients. Mix in fat until mixture is crumbly.
Nonfat dry milk, USDA ----	3 tablespoons -----	1/3 cup -----	-----	
Baking powder -----	2 tablespoons -----	1/4 cup -----	-----	
Salt -----	1-1/2 teaspoons -----	1 tablespoon -----	-----	
Shortening -----	3/4 cup -----	1-1/2 cups -----	-----	
Water -----	About 1 cup -----	About 2 cups -----	-----	2. Add enough water to make a soft dough. 3. Knead lightly on a floured board about 1 minute. 4. Roll to 1/2-inch thickness. Cut with a floured 2-inch biscuit cutter or cut into squares. Place on baking pans. 5. Bake at 425° F (hot oven) 12 to 15 minutes.



COOKING CORNMEAL

Portion: 1/4 cup

Cereal Products

Ingredients	25 portions	50 portions	For _____ portions	Directions
Cornmeal _____	1-1/2 cups _____	3 cups _____	_____	<ol style="list-style-type: none"> 1. Stir cornmeal and salt into cold water. 2. Stir cornmeal mixture into boiling water. 3. Cook on low heat for 15 minutes, stirring frequently.
Salt _____	1-1/2 teaspoons _____	1 tablespoon _____	_____	
Cold water _____	2-1/2 cups _____	1-1/4 quarts _____	_____	
Boiling water _____	1 quart _____	2 quarts _____	_____	



COOKING CRACKED WHEAT BULGUR

Portion: 1/4 cup

Cereal Products

Ingredients	25 portions	50 portions	For _____ portions	Directions
Cracked wheat bulgur _ _ _	2 cups _ _ _ _ _	1 quart _ _ _ _ _	_ _ _ _ _	<ol style="list-style-type: none"> 1. Wash bulgur. 2. Add bulgur and salt to boiling water. Stir; cover pan tightly. 3. Cook on low heat 20 minutes.
Salt _ _ _ _ _	3/4 teaspoon _ _ _ _	1-1/2 teaspoons _ _ _	_ _ _ _ _	
Boiling water _ _ _ _ _	1 quart _ _ _ _ _	2 quarts _ _ _ _ _	_ _ _ _ _	

Oven Method

Wash bulgur. Put into baking pan. Add salt to boiling water and pour over bulgur; stir to distribute evenly in pan. Cover pan tightly. Bake at 350° F (moderate oven) 25 minutes.



COOKING MACARONI, NOODLES, OR SPAGHETTI

Portion: 1/4 cup

Cereal Products

Ingredients	25 portions	50 portions	For _____ portions	Directions
Macaroni, elbow ----- or Noodles, broken ----- or Spaghetti, broken -----	2-3/4 cups ----- 1 quart 1-1/2 cups ----- 1 quart 1/2 cup -----	5-1/2 cups ----- (1-1/2 pounds) 2-3/4 quarts ----- (1-1/2 pounds) 2-1/4 quarts ----- (1-1/2 pounds)	----- ----- -----	<ol style="list-style-type: none"> 1. Stir macaroni, noodles, or spaghetti into boiling salted water. Add fat to prevent foaming. Return to boiling and cook about 15 minutes. 2. Drain.
Salt -----	1 tablespoon -----	2 tablespoons -----	-----	
Boiling water -----	2 quarts -----	1 gallon -----	-----	
Fat or oil -----	1-1/2 teaspoons -----	1 tablespoon -----	-----	



COOKING RICE

(white or parboiled)

Portion: 1/4 cup

Cereal Products

Ingredients	25 portions	50 portions	For _____ portions	Directions
Uncooked rice ¹ _____	1-2/3 cups _____	3-1/3 cups _____ (1-1/2 pounds)	_____	<ol style="list-style-type: none"> 1. Stir rice into boiling salted water. Add fat to prevent foaming. Cover pans tightly. 2. Cook on low heat 15 minutes for white rice and 25 minutes for parboiled rice. Add more water if needed. 3. Remove from heat and let stand covered 5 to 10 minutes.
Salt _____	3/4 teaspoon _____	1-1/2 teaspoons _____	_____	
Boiling water _____	3 cups _____	1-1/2 quarts _____	_____	
Fat or oil _____	1-1/2 teaspoons _____	1 tablespoon _____	_____	

Oven Method

Omit fat for this method. Place rice in pan. Add salt to boiling water and pour over rice; stir to distribute evenly in pans. Cover pans tightly. Bake at 350° F (moderate oven) 30 to 35 minutes. Remove from oven and let stand covered 5 minutes.

¹ Do not wash enriched rice.



COOKING ROLLED OATS OR ROLLED WHEAT

Portion: 1/4 cup

Cereal Products

Ingredients	25 portions	50 portions	For _____ portions	Directions
Rolled oats or rolled wheat, quick cooking.	1 quart -----	2 quarts -----	-----	<ol style="list-style-type: none"> 1. Stir rolled oats or rolled wheat into boiling salted water. 2. Cook on low heat 3 minutes or longer if needed. Cover and let stand a few minutes. Serve hot.
Salt -----	2 teaspoons -----	1-1/3 tablespoons -----	-----	
Boiling water -----	2 quarts -----	1 gallon -----	-----	

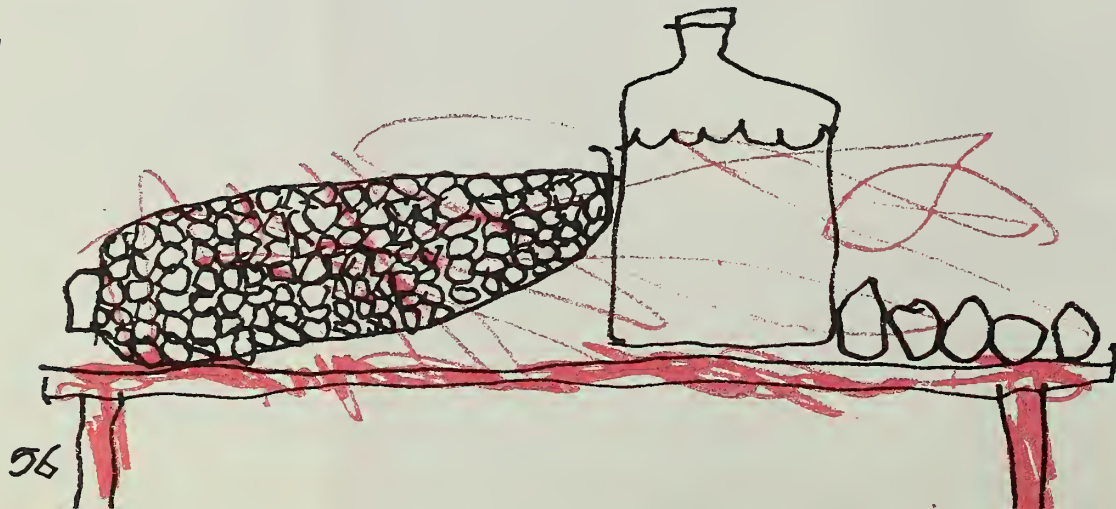


CORNBREAD

Portion: 1 piece

Cereal Products

Ingredients	25 portions	50 portions	For _____ portions	Directions
All-purpose flour -----	1 quart -----	2 quarts -----	-----	1. Mix dry ingredients well.
Cornmeal -----	3 cups -----	1-1/2 quarts -----	-----	
Baking powder -----	1/4 cup -----	1/2 cup -----	-----	
Nonfat dry milk, USDA -----	1/2 cup -----	1 cup -----	-----	
Sugar -----	2/3 cup -----	1-1/3 cups -----	-----	
Salt -----	2 teaspoons -----	1-1/3 tablespoons -----	-----	
Eggs, large -----	6 -----	12 -----	-----	2. Beat eggs; add water and oil. 3. Combine egg mixture and dry ingredients. Mix just enough to moisten. 4. Pour into greased baking pans to a depth of 1/2 inch. 5. Bake at 425° F (hot oven) 20 minutes or until done.
Water -----	2-1/2 cups -----	1-1/4 quarts -----	-----	
Oil -----	2/3 cup -----	1-1/3 cups -----	-----	



MUFFINS

Portion: 1 muffin

Cereal Products

Ingredients	24 portions	48 portions	For _____ portions	Directions
All-purpose flour -----	1 quart -----	2 quarts -----	-----	1. Mix dry ingredients well in a large bowl.
Sugar -----	1/2 cup -----	1 cup -----	-----	
Baking powder -----	2 tablespoons -----	1/4 cup -----	-----	
Salt -----	1 teaspoon -----	2 teaspoons -----	-----	
Eggs, large -----	2 -----	4 -----	-----	2. Mix eggs, milk, and fat together. 3. Stir egg mixture into dry ingredients until flour is barely moistened. Leave batter lumpy.
Milk -----	2 cups -----	1 quart -----	-----	
Oil or fat, melted -----	2/3 cup -----	1-1/3 cups -----	-----	
				4. Fill greased muffin tins 2/3 full. 5. Bake at 400° F (hot oven) 20 to 25 minutes.



APPLE CRISP

Portion: About 2 tablespoons

Desserts

Ingredients	25 portions	50 portions	For _____ portions	Directions
* Apples, pared, sliced ____	2 quarts _____	1 gallon _____	_____	1. Place apples in baking pans. 2. Mix lemon juice and water; pour over apples.
Lemon juice _____	2 teaspoons _____	1-1/3 tablespoons _____	_____	
Water _____	1/4 cup _____	1/2 cup _____	_____	
Rolled oats or rolled wheat, quick cooking.	1/2 cup _____	1 cup _____	_____	3. For topping, mix oats or wheat with remaining ingredients until crumbly. 4. Spread topping over apples. 5. Bake at 350° F (moderate oven) 30 minutes or until apples are tender.
Brown sugar, packed _____	1-1/2 cups _____	3 cups _____	_____	
All-purpose flour _____	3/4 cup _____	1-1/2 cups _____	_____	
Cinnamon _____	1 teaspoon _____	2 teaspoons _____	_____	
Salt _____	1/4 teaspoon _____	1/2 teaspoon _____	_____	
Butter or margarine _____	2/3 cup _____	1-1/3 cups _____	_____	

* For 25-portion recipe, buy 2 pounds 13 ounces fresh apples; for 50-portion recipe, buy 5 pounds 10 ounces fresh apples.



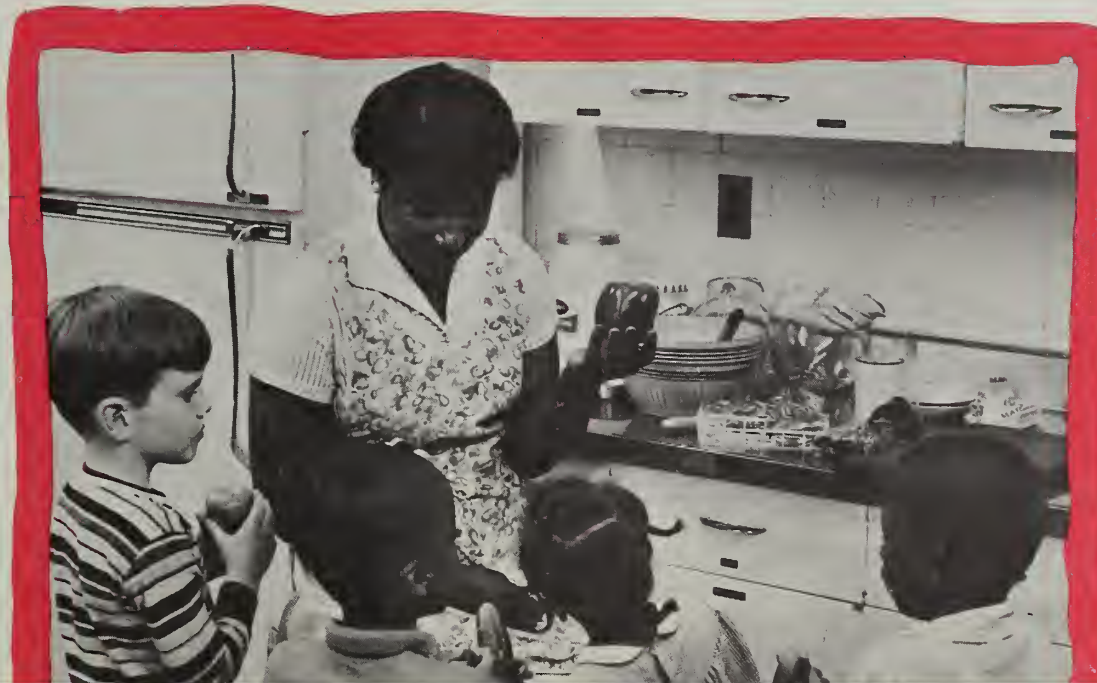
APRICOT-RICE PUDDING

Portion: About 2 tablespoons

Desserts

Ingredients	25 portions	50 portions	For _____ portions	Directions
* Canned apricot halves, drained (save liquid).	2 cups -----	1 quart -----	-----	1. Chop apricots, mix with sugar and let stand 5 minutes.
Sugar -----	1/3 cup -----	2/3 cup -----	-----	
Eggs, large -----	3 -----	6 -----	-----	2. Beat eggs. Mix apricots, eggs, liquids, rice and salt. 3. Fill greased baking pans half full. 4. Bake at 325° F (slow oven) for 40 minutes or until pudding is firm.
Apricot liquid and milk -----	2 cups -----	1 quart -----	-----	
Cooked rice (see page 54) -----	1-1/2 cups -----	3 cups -----	-----	
Salt -----	1/2 teaspoon -----	1 teaspoon -----	-----	

* For 25-portion recipe, buy 1 No. 2-1/2 can apricots; for 50-portion recipe, buy 2 No. 2-1/2 cans apricots.



BAKED CUSTARD

Portion: 1 piece

Desserts

Ingredients	25 portions	50 portions	For _____ portions	Directions
Eggs, large _____	6 _____	12 _____	_____	<ol style="list-style-type: none"> 1. Beat together eggs, sugar, salt, and vanilla. 2. Add milk and mix well. 3. Pour mixture into baking pans to a depth of 3/4 inch. Sprinkle with nutmeg, if desired. 4. Bake at 325° F (moderate oven) 25 minutes or until set. 5. Refrigerate until served.
Sugar _____	2/3 cup _____	1-1/3 cups _____	_____	
Salt _____	1/2 teaspoon _____	1 teaspoon _____	_____	
Vanilla _____	1-1/2 teaspoons _____	1 tablespoon _____	_____	
Hot milk _____	1 quart _____	2 quarts _____	_____	
Nutmeg (if desired) _____	_____	_____	_____	

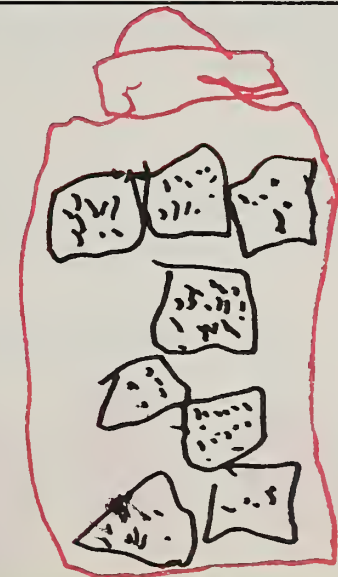


BROWNIES

Portion: 1 brownie

Desserts

Ingredients	100 portions	For _____ portions	Directions
All-purpose flour _____	3 cups _____	_____	1. Mix dry ingredients together. Add nuts.
Sugar _____	1 quart _____	_____	
Baking powder _____	2 teaspoons _____	_____	
Salt _____	2 teaspoons _____	_____	
Nuts, chopped _____	1 cup _____	_____	
Bitter chocolate _____	8 ounces _____	_____	2. Melt chocolate and fat together. 3. Beat eggs. Stir in chocolate mixture, milk and vanilla. 4. Add flour mixture and mix well. 5. Spread mixture in greased pans to a depth of about 1/2 inch. 6. Bake at 350° F (moderate oven) 30 minutes or until done.
Shortening _____	1 cup _____	_____	
Eggs, large _____	8 _____	_____	
Milk _____	1/2 cup _____	_____	
Vanilla _____	1 teaspoon _____	_____	



CHERRY COBBLER

Portion: 1/4 cup fruit plus pastry

Desserts

Ingredients	25 portions	50 portions	For _____ portions	Directions
Pastry				
All-purpose flour -----	1-1/2 cups -----	3 cups -----	-----	1. Mix flour, salt and fat until mixture is crumbly. 2. Add water and mix until pastry holds together. 3. Roll out dough to fit pans used.
Salt -----	1/2 teaspoon -----	1 teaspoon -----	-----	
Shortening -----	2/3 cup -----	1-1/3 cups -----	-----	
Cold water -----	About 1/4 cup -----	About 1/2 cup -----	-----	
Sauce				
Sugar -----	1-1/4 cups -----	2-1/2 cups -----	-----	4. Mix sugar, flour, and cinnamon. Stir slowly into liquid. Cook, stirring constantly, until thickened.
All-purpose flour -----	1/3 cup -----	2/3 cup -----	-----	
Cinnamon (if desired) -----	3/4 teaspoon -----	1-1/2 teaspoons -----	-----	
Hot cherry liquid -----	2 cups -----	1 quart -----	-----	
* Canned red tart pitted cherries, drained.	1-1/4 quarts -----	2-1/2 quarts -----	-----	5. Add cherries to sauce. Pour into baking pans. 6. Cover with pastry. 7. Bake at 375° F (moderate oven) 45 minutes or until pastry is brown.

* For 25-portion recipe, buy 4 No. 303 cans cherries; for 50-portion recipe, buy 8 No. 303 cans cherries.



CHOCOLATE PUDDING

Portion: 1/4 cup

Desserts

Ingredients	25 portions	50 portions	For _____ portions	Directions
Sugar _____	3/4 cup _____	1-1/2 cups _____	_____	1. Mix dry ingredients together.
Nonfat dry milk, USDA _____	1 cup _____	2 cups _____	_____	
All-purpose flour _____	2/3 cup _____	1-1/3 cups _____	_____	
Salt _____	1/2 teaspoon _____	1 teaspoon _____	_____	
Cocoa _____	1/3 cup _____	2/3 cup _____	_____	
Warm water _____	1-1/4 quarts _____	2-1/2 quarts _____	_____	2. Mix dry ingredients and water in a large pan. Cook and stir constantly until thickened. 3. Beat eggs. Stir about 1 cup of hot mixture into eggs; add slowly to remaining hot mixture. 4. Cook and stir constantly about 5 minutes longer. Remove from heat. Add fat and vanilla. Cool.
Eggs, large ¹ _____	1 _____	2 _____	_____	
Butter or margarine _____	3 tablespoons _____	1/3 cup _____	_____	
Vanilla _____	1 teaspoon _____	2 teaspoons _____	_____	

¹ Use only clean, sound-shelled eggs in this recipe.



CINNAMON CRISPIES

Portion: 1 cooky

Desserts

Ingredients	7 dozen cookies	For _____ dozen	Directions
All-purpose flour _____	2 cups _____	_____	1. Mix dry ingredients except sugar. Mix in nuts.
Baking soda _____	1/2 teaspoon _____	_____	
Baking powder _____	2 teaspoons _____	_____	
Salt _____	2 teaspoons _____	_____	
Cinnamon _____	2 teaspoons _____	_____	
Rolled oats or rolled wheat, quick cooking _____	2 cups _____	_____	
Nuts, chopped _____	2/3 cup _____	_____	2. Mix fat and sugar until well blended.
Shortening, softened _____	1 cup _____	_____	
Sugar _____	2 cups _____	_____	3. Stir molasses, vanilla and eggs into sugar mixture. 4. Add dry ingredients; mix well. 5. Drop rounded teaspoonfuls of dough onto greased pans. Press each cooky flat. 6. Bake at 350° F (moderate oven) 12 to 15 minutes.
Molasses _____	2 tablespoons _____	_____	
Vanilla _____	1-1/2 teaspoons _____	_____	
Eggs, large _____	2 _____	_____	



GINGERBREAD

Portion: 1 piece

Desserts

Ingredients	50 portions	For _____ portions	Directions
All-purpose flour _____	1-1/4 quarts _____	_____	1. Mix dry ingredients except sugar.
Cornstarch _____	1/3 cup _____	_____	
Baking powder _____	2 teaspoons _____	_____	
Baking soda _____	2 teaspoons _____	_____	
Salt _____	1/2 teaspoon _____	_____	
Cinnamon _____	2 teaspoons _____	_____	
Ginger _____	2 teaspoons _____	_____	2. Mix fat and sugar until light and fluffy. Add molasses and mix well.
Shortening _____	1-1/4 cups _____	_____	
Sugar _____	1-1/4 cups _____	_____	
Molasses _____	2 cups _____	_____	3. Add half the flour mixture and half the water to the sugar mixture. Beat well. Add rest of flour and water. Beat well.
Hot water _____	2 cups _____	_____	
Eggs, large _____	4 _____	_____	4. Add eggs and beat 200 strokes. 5. Pour into greased pans to a depth of about 1/2 inch. 6. Bake at 350° F (moderate oven) 25 minutes or until done.

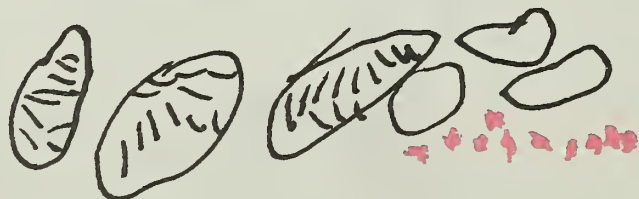


PEANUT BUTTER-RAISIN COOKIES

Portion: 1 cooky

Desserts

Ingredients	11 dozen cookies	For _____ dozen	Directions
All-purpose flour -----	1 quart -----	-----	1. Mix dry ingredients except sugar. Mix in raisins.
Nonfat dry milk, USDA -----	3/4 cup -----	-----	
Baking powder -----	2-2/3 tablespoons -----	-----	
Cinnamon -----	1 tablespoon -----	-----	
Salt -----	1-1/2 teaspoons -----	-----	
Raisins, chopped -----	2 cups -----	-----	
Shortening, softened -----	1 cup -----	-----	2. Mix fat, sugar, and peanut butter until well blended. 3. Add eggs and mix well.
Sugar -----	2-1/2 cups -----	-----	
Peanut butter -----	1-1/4 cups -----	-----	
Eggs, large -----	4 -----	-----	
Water -----	3/4 cup -----	-----	4. Add half of the dry ingredients and liquids to peanut butter mixture. Mix well. Add the remaining dry ingredients and liquid. Mix well. 5. Drop rounded teaspoonfuls of dough onto greased pans. Press each cooky flat. 6. Bake at 375° F (moderate oven) 12 minutes or until golden brown.
Vanilla -----	1-1/3 tablespoons -----	-----	



PLAIN CAKE

Portion: 1 piece

Desserts

Ingredients	50 portions	For _____ portions	Directions
All-purpose flour _____	3 cups _____	_____	1. Mix dry ingredients except sugar.
Baking powder _____	1-1/2 tablespoons _____	_____	
Salt _____	3/4 teaspoon _____	_____	
Shortening _____	3/4 cup _____	_____	2. Beat fat and sugar until smooth and fluffy. Add eggs and vanilla. Beat well.
Sugar _____	1-3/4 cups _____	_____	
Eggs, large _____	3 _____	_____	
Vanilla _____	1-1/2 teaspoons _____	_____	
Milk _____	1 cup _____	_____	3. Add half the flour mixture and half the milk to egg mixture and beat 300 strokes. Add rest of flour and milk and beat 300 strokes more.
			4. Fill greased baking pans half full.
			5. Bake at 375° (moderate oven) 25 to 35 minutes.



PLAIN COOKIES

Portion: 1 cooky

Desserts

Ingredients	8 dozen cookies	For _____ dozen	Directions
All-purpose flour _____	1-1/4 quarts _____	_____	1. Mix flour, baking powder, and salt.
Baking powder _____	2-2/3 tablespoons _____	_____	
Salt _____	1 teaspoon _____	_____	
Butter or margarine _____	1-1/2 cups _____	_____	2. Mix fat and sugar until well blended.
Sugar _____	2 cups _____	_____	
Eggs, large _____	4 _____	_____	3. Add eggs and vanilla. Beat well. 4. Stir in dry ingredients. Mix well. Add raisins, if desired. 5. Drop rounded teaspoonfuls of dough onto greased pans. 6. Bake at 375° F (moderate oven) 12 minutes or until done.
Vanilla _____	1 tablespoon _____	_____	
Raisins, chopped (if desired) _____	1-1/2 cups _____	_____	



VANILLA CREAM FROSTING

Desserts

Ingredients	About 2 cups	For _____ cups	Directions
Butter or margarine, softened _____	1/3 cup _____	_____	1. Mix all ingredients together; beat until light and fluffy.
Confectioner's sugar _____	3-3/4 cups _____ (1 pound)	_____	
Salt _____	1/8 teaspoon _____	_____	
Hot milk _____	1/4 cup _____	_____	
Vanilla _____	1 tablespoon _____	_____	

Variations

Chocolate Cream Frosting: Mix 1/2 cup cocoa with sugar and use only 1-1/2 teaspoons vanilla.

Peanut Butter Cream Frosting: Use 1/3 cup peanut butter in place of butter or margarine.



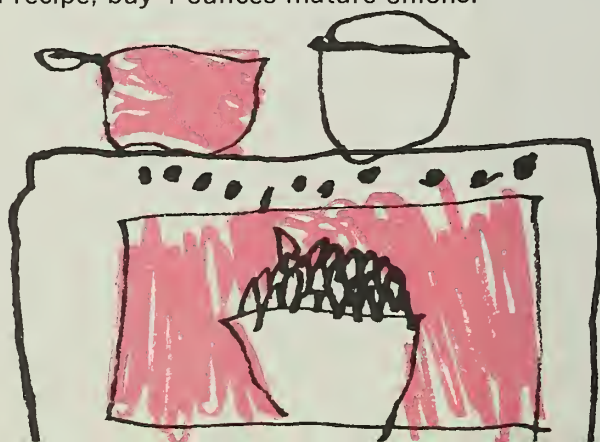
BAKED BEANS

Portion: 1/4 cup

Main Dishes

Ingredients	25 portions	50 portions	For _____ portions	Directions
Dry beans, small white	2-2/3 cups	1 quart 1-1/4 cups		<ol style="list-style-type: none"> Sort and wash beans. Add beans to boiling water. Boil 2 minutes. Remove from heat. Cover and let soak 1 hour. Cook for 1 hour. Drain, reserve liquid. Put beans in baking pan.
Water	1 quart 3-1/2 cups	3-3/4 quarts		
Salt pork, sliced	3 ounces	6 ounces		
Red pepper, if desired	Few grains	1/8 teaspoon		
Brown sugar	1/4 cup, packed	1/2 cup, packed		<ol style="list-style-type: none"> Combine pork, pepper, sugar, mustard, salt, onions, molasses, and bean liquid. Pour mixture over beans. Cover and bake at 350° F (moderate oven) 2-1/2 hours or until tender. Add water if needed to moisten beans during baking.
Dry mustard	3/4 teaspoon	1-1/2 teaspoons		
Salt	1/2 tablespoon	1 tablespoon		
* Onions, chopped	1/4 cup	1/2 cup		
Molasses	1/4 cup	1/2 cup		
Hot bean liquid	2 cups	1 quart		

* For 25-portion recipe, buy 2 ounces mature onions; for 50-portion recipe, buy 4 ounces mature onions.

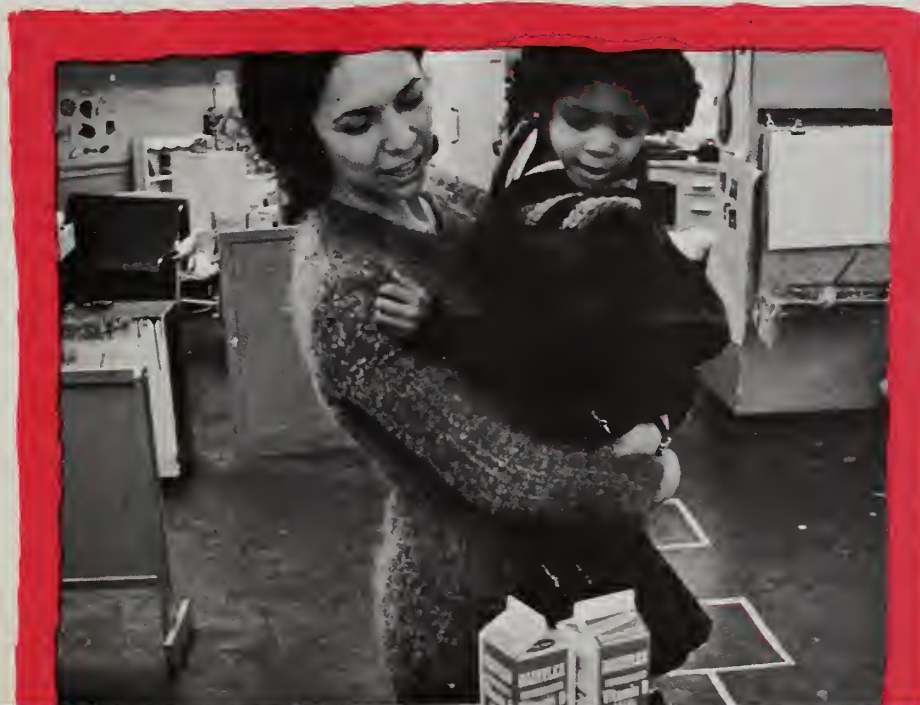


BAKED SCRAMBLED EGGS

Portion: About 3 tablespoons

Main Dishes

Ingredients	25 portions	50 portions	For _____ portions	Directions
Eggs, large _____	13 _____	25 _____	_____	1. Beat eggs slightly.
Salt _____	1 teaspoon _____	2 teaspoons _____	_____	2. Stir in salt and milk.
Hot milk _____	1-1/4 cups _____	2-1/2 cups _____	_____	
Butter or margarine, melted.	2 tablespoons _____	1/4 cup _____	_____	3. Pour fat into baking pan. Add egg mixture to a depth of 1 inch. 4. Bake until firm, 20 to 25 minutes at 350° F (moderate oven); stir once after 10 minutes baking. 5. Serve immediately.



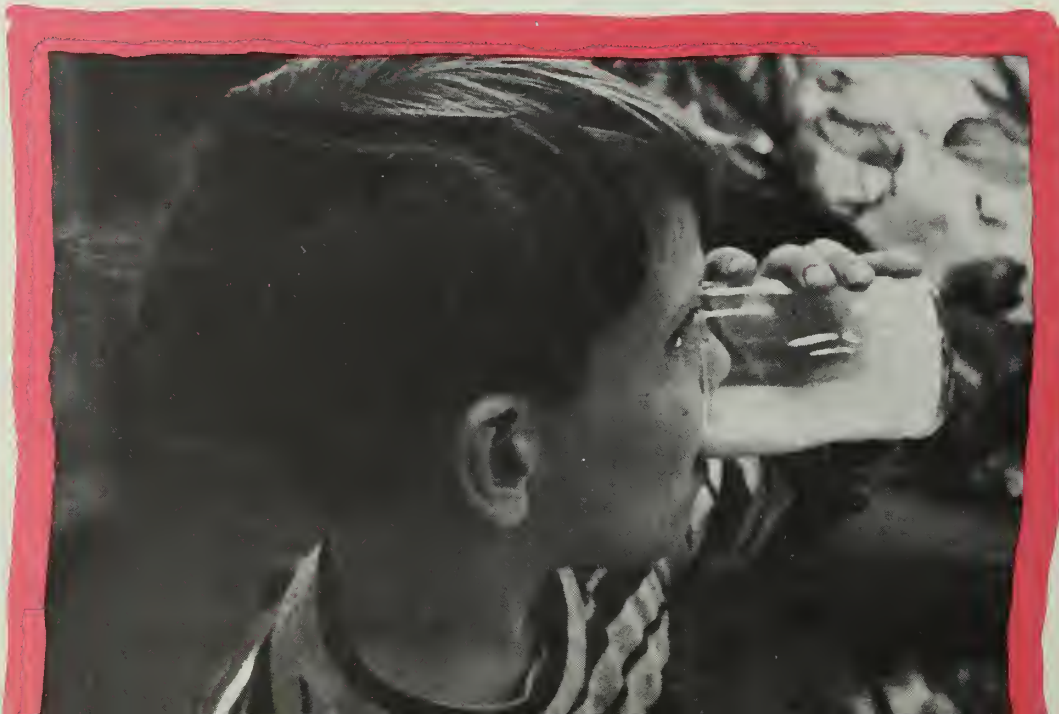
BEEF PATTIES

Portion: 1 patty

Main Dishes

Ingredients	25 portions	50 portions	For _____ portions	Directions
Ground beef _____	2-1/4 pounds _____	4-1/2 pounds _____	_____	<ol style="list-style-type: none"> Mix all ingredients well. Shape meat into balls. Flatten into patties. Bake in single layers at 400° F (hot oven) 10 minutes or until done. <p style="text-align: center;">or</p> <p>Bake 3 layers, separated with foil, at 375° F (moderate oven) 35 to 40 minutes or until done.</p>
* Onions, chopped _____	1/3 cup _____	2/3 cup _____	_____	
Salt _____	1-1/2 teaspoons _____	1 tablespoon _____	_____	

* For 25-portion recipe, buy 3 ounces mature onions; for 50-portion recipe, buy 5 ounces mature onions.



BEEF STEW

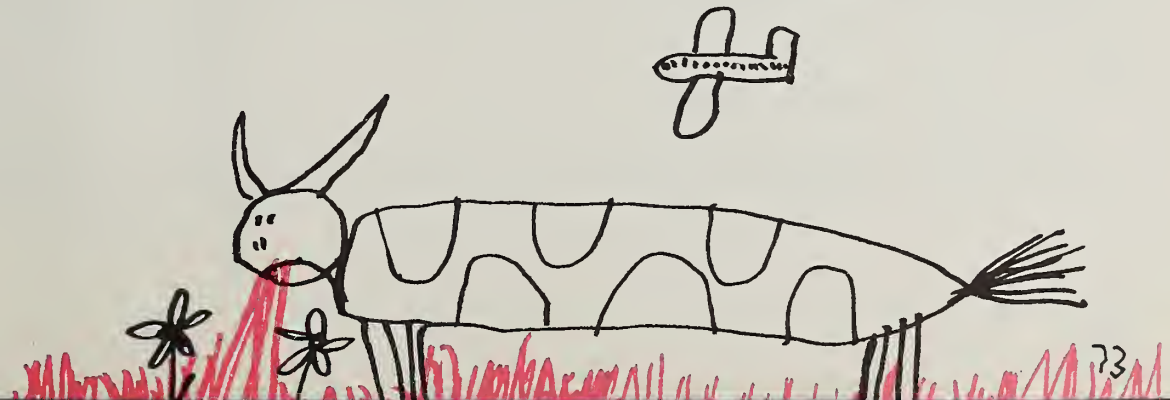
Portion: 1/2 cup

Main Dishes

Ingredients	25 portions	50 portions	For _____ portions	Directions
Boneless stew beef, cubed	2-1/2 pounds	5 pounds		1. Brown beef in fat. 2. Add water and simmer 2-1/2 hours or until meat is tender. Add more water if needed.
Oil or fat, melted	1/4 cup	1/2 cup		
Water	2-1/4 quarts	1 gallon 2 cups		
All-purpose flour	1 cup	2 cups		3. Skim off fat and blend with flour and salt. Stir into beef mixture. Cook and stir constantly until thickened.
Salt	1 tablespoon	2 tablespoons		
*† Onions, quartered	1 cup	2 cups		4. Boil vegetables until tender. (See page 101.) 5. Add to meat mixture; combine carefully. 6. Reheat and serve.
*† Potatoes, diced	3 cups	1-1/2 quarts		
*† Carrots, diced	3 cups	1-1/2 quarts		
*† Celery, cut in 1-inch pieces.	1-3/4 cups	3-1/2 cups		

* For 25-portion recipe, buy 6 ounces mature onions; 1 pound 6 ounces fresh potatoes; 1 pound 3 ounces fresh carrots; and 11 ounces fresh celery.

† For 50-portion recipe, buy 11 ounces mature onions; 2 pounds 11 ounces fresh potatoes; 2 pounds 5 ounces fresh carrots; and 1 pound 5 ounces fresh celery.



BRAISING OR POT ROASTING MEATS

Portion: 1 ounce cooked meat

Main Dishes

See Food Buying Guide, pages 9 to 45, for quantity of meat to buy for 25 and 50 servings.
Less tender cuts of meat may be braised or pot roasted. Meat is covered and cooked slowly in a small amount of liquid.

Directions for Cooking

1. Remove meat from refrigerator when ready to cook.
2. Season meat, using 1/4 teaspoon salt per pound of meat. Roll meat in flour, if desired, to increase browning.
3. Place meat in a heavy kettle or roasting pan. Add fat as needed and brown, if desired.
4. Add small amount of water; use additional water as needed during cooking.
5. Cover; simmer on top of range or bake at 325° F (slow oven) until tender. Use timetable below as a guide to cooking time.
6. Remove meat and make gravy from the drippings.

Timetable for Braising or Pot Roasting Meats

Kind and cut of meat	Thickness or weight of piece	Cooking time
Beef		
Pot roast, such as chuck, round or rump, with or without bone	3 to 5 pounds	3 to 4 hours
Steak, such as chuck or round, with or without bone	1 to 1-1/2 inches	2 to 2-1/2 hours
Stew meat	1-1/2-inch cubes	2-1/2 to 3 hours
Lamb		
Shoulder roasts, boned and rolled	3 to 5 pounds	2 to 2-1/2 hours
Stew meat	1-1/2-inch cubes	1-1/2 to 2 hours
Veal		
Shoulder roast, boned and rolled	3 to 5 pounds	2 to 2-1/2 hours
Stew meat	1-inch cubes	1-1/2 to 2 hours

COOKING DRY BEANS

Portion: 1/4 cup

Main Dishes

Ingredients	25 portions	50 portions	For _____ portions	Directions
Beans Blackeye beans or peas Great Northern Kidney or pinto Pea beans (navy or small white). or Lima beans	2-2/3 cups _____	1 quart 1-1/4 cups	_____	<ol style="list-style-type: none"> 1. Sort and wash beans. 2. Add beans to boiling water. 3. Boil 2 minutes. 4. Remove from heat. Cover and let soak 1 hour or if more convenient, cool and let beans stand overnight in a refrigerator.
Large _____	3 cups _____	1-1/2 quarts _____	_____	
Small _____	2-2/3 cups _____	1 quart 1-1/4 cups _____	_____	
Boiling water _____	2-1/4 quarts _____	1 gallon 1 cup _____	_____	
Salt _____	1-1/2 teaspoons _____	1 tablespoon _____	_____	<ol style="list-style-type: none"> 5. Add salt. Cook beans in soaking water until tender. (See table below.)

Approximate cooking time

Blackeye beans or peas _____	1/2 hour
Great Northern _____	2 hours
Kidney or pinto _____	1 to 1-1/2 hours
Pea beans (navy or small white) _____	2 to 2-1/2 hours
Lima beans	
Large _____	1 hour
Small _____	1 to 1-1/2 hours

Begin counting cooking time when water returns to boiling. Add boiling water if beans become dry during cooking.

COOKING MEATS IN LIQUID

Portion: 1 ounce cooked meat

Main Dishes

See Food Buying Guide, pages 9 to 45, for quantity of meats to buy for 25 and 50 servings.

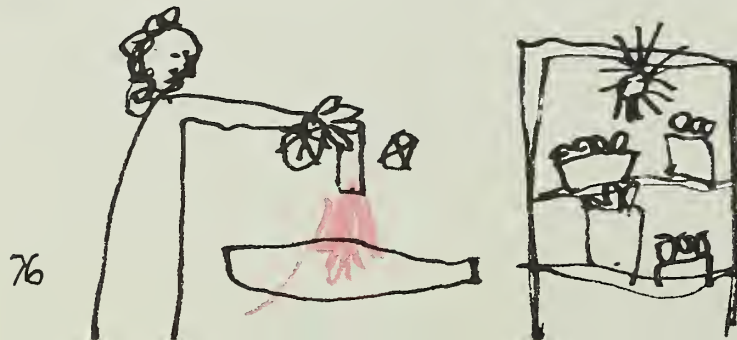
Some less tender and highly flavored cuts of meat are commonly cooked or stewed with enough water to cover. These meats should be simmered and not boiled.

Directions for cooking

1. Remove meat from refrigerator when ready to cook.
2. Place meat in a pot; cover with water. Add seasonings as desired.
3. Cover and simmer until tender, using timetable below as a guide to cooking time.

Timetable for Cooking Meats in Liquid

Kind and cut of meat	Thickness or weight of piece	Cooking time
Beef		
Stew meat	1-1/2-inch cubes	2-1/2 to 3 hours
Lamb		
Stew meat	1-1/2-inch cubes	1-1/2 to 2 hours
Pork, cured		
Shoulder (Boston butt), boneless	2 to 3 pounds	1-1/2 to 2 hours
Shoulder (picnic)	6 to 8 pounds	3-1/2 to 4 hours
Veal		
Stew meat	1-inch to 2-inch cubes	2 to 3 hours



GROUND BEEF AND SPAGHETTI

Portion: About 1/3 cup

Main Dishes

Ingredients	25 portions	50 portions	For _____ portions	Directions
Uncooked spaghetti, broken into 3-inch pieces.	3 cups -----	1-1/2 quarts -----	-----	1. Add spaghetti to boiling salted water and stir. Return to boiling point. Cook about 15 minutes. Drain.
Boiling water -----	1-1/2 quarts -----	3 quarts -----	-----	
Salt -----	3/4 teaspoon -----	1-1/2 teaspoons -----	-----	
Ground beef -----	2 pounds -----	4 pounds -----	-----	2. Brown beef; use fat if beef is lean. Add onions and cook until onions are tender, but not brown. Drain off excess fat.
Oil or fat, melted (if needed).	2 tablespoons -----	1/4 cup -----	-----	
*† Onions, chopped -----	1 cup -----	2 cups -----	-----	
Cheese, shredded -----	1 cup -----	2 cups -----	-----	3. Stir cheese into meat mixture. Add remaining ingredients. 4. Stir in spaghetti. 5. Reheat and serve.
*† Tomato paste -----	1 cup -----	2 cups -----	-----	
*† Tomato puree -----	3/4 cup -----	1-1/2 cups -----	-----	
Salt -----	1 tablespoon -----	2 tablespoons -----	-----	
Sugar -----	3/4 teaspoon -----	1-1/2 teaspoons -----	-----	

* For 25-portion recipe, buy 7-ounces mature onions; 1 No. 2 can tomato paste; and 1 No. 2 can tomato puree.

† For 50-portion recipe, buy 14 ounces mature onions; 1 No. 2 can tomato paste; and 1 No. 2 can tomato puree.

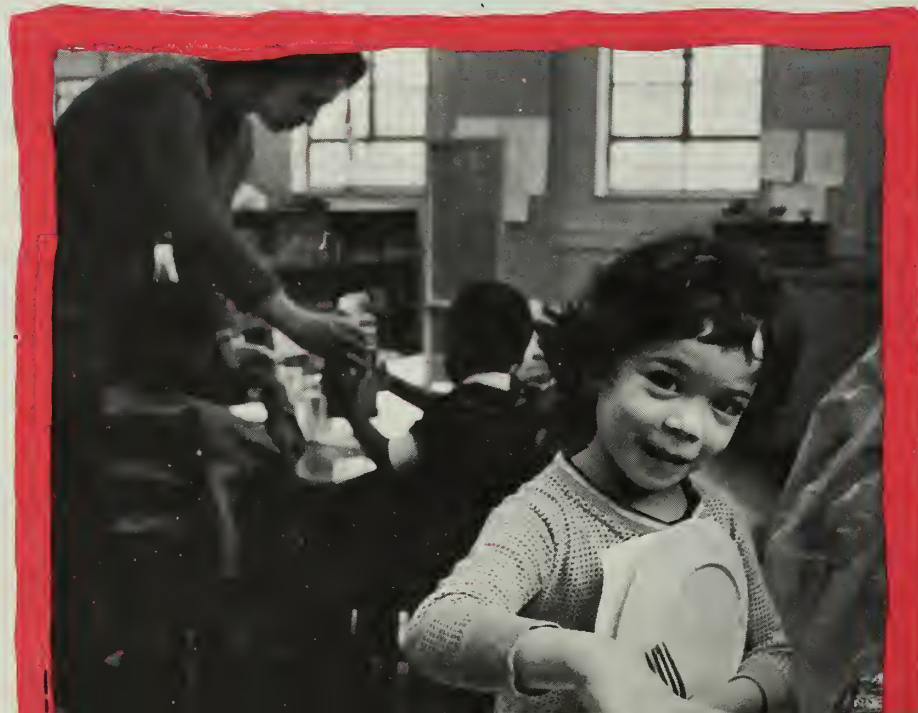


HARD-COOKED EGGS

Portion: 1/2 egg

Main Dishes

Ingredients	25 portions	50 portions	For _____ portions	Directions
Eggs, large _____	13 _____	25 _____	_____	<ol style="list-style-type: none"> 1. Remove shells and place eggs in greased baking pan. 2. Add water. Sprinkle salt over eggs. 3. Set pan of eggs in a pan of hot water; cover. 4. Bake at 350° F (moderate oven) about 30 minutes or until eggs are firm. 5. Cut into 1/2-inch squares; use at once in creamed foods or chill in refrigerator and use in salads or sandwiches.
Water _____	1/4 cup _____	1/2 cup _____	_____	
Salt _____	1/2 teaspoon _____	1 teaspoon _____	_____	



MACARONI AND CHEESE

Portion: 1/4 cup

Main Dishes

Ingredients	25 portions	50 portions	For _____ portions	Directions
Uncooked elbow macaroni _____	2 cups _____	1 quart _____ (1 pound)	_____	1. Cook macaroni in boiling salted water 12 minutes, until almost tender.
Boiling water _____	1 quart _____	2 quarts _____	_____	
Salt _____	1-1/2 teaspoons _____	1 tablespoon _____	_____	
Butter or margarine _____	1-1/2 tablespoons _____	3 tablespoons _____	_____	2. Melt fat; stir in flour and salt. Stir into milk. Cook and stir constantly until thickened.
All-purpose flour _____	3 tablespoons _____	1/3 cup _____	_____	
Salt _____	2 teaspoons _____	1-1/3 tablespoons _____	_____	
Hot milk _____	1 quart _____	2 quarts _____	_____	
Dry mustard _____	1 teaspoon _____	2 teaspoons _____	_____	3. Add mustard and cheese. Stir until well blended.
Cheese, shredded _____	3 cups _____	1-1/2 quarts _____	_____	
				4. Combine macaroni and cheese sauce.
				5. Fill greased baking pans half full.
				6. Bake at 350° F (moderate oven) 30 minutes or until brown.



MEAT LOAF

Portion: 1 slice

Main Dishes

Ingredients	25 portions	50 portions	For _____ portions	Directions
Bread slices _____	2-1/2 slices _____	5 slices _____	_____	1. Soak bread in milk.
Milk _____	3/4 cup _____	1-1/2 cups _____	_____	
Ground beef _____	1-3/4 pounds _____	3-1/2 pounds _____	_____	2. Combine bread mixture with remaining ingredients. Mix well. 3. Place meat mixture in greased pans. Shape into loaves. 4. Bake at 375° F (moderate oven) about 1 hour or until done. Pour off liquid and fat that accumulate during cooking.
*† Onions, chopped _____	1/4 cup _____	1/2 cup _____	_____	
*† Celery, chopped _____	1/3 cup _____	2/3 cup _____	_____	
Salt _____	1-1/2 teaspoons _____	1 tablespoon _____	_____	
Worcestershire sauce _____	1-1/2 teaspoons _____	1 tablespoon _____	_____	
Parsley, chopped (if desired). _____	1 tablespoon _____	2 tablespoons _____	_____	
Eggs, large _____	3 _____	6 _____	_____	

* For 25-portion recipe, buy 2 ounces mature onions and 2 ounces fresh celery.

† For 50-portion recipe, buy 4 ounces mature onions and 4 ounces fresh celery.



OVEN-FRIED CHICKEN

Portion: 1/2 of breast-half **or** 1 drumstick **or** 1 thigh

Main Dishes

Ingredients	25 portions	50 portions	For _____ portions	Directions
Chicken breast halves, cut in half. or Chicken drumsticks _____ or Chicken thighs _____	3-3/4 pounds _____ 5 pounds _____ 5 pounds _____	7-1/2 pounds _____ 10 pounds _____ 10 pounds _____	_____ _____ _____	1. Thaw frozen chicken. Wash and dry chicken pieces.
All-purpose flour _____ Salt _____	3/4 cup _____ 1-1/2 teaspoons _____	1-1/2 cups _____ 1 tablespoon _____	_____ _____	
Oil or fat, melted _____	2/3 cup _____	1-1/3 cups _____	_____	
				2. Roll chicken pieces in flour and salt which have been mixed. Place 1 layer deep on well-greased pans. 3. Brush each piece with fat. 4. Bake at 400° F (hot oven) 55 minutes or until golden brown.



OVEN-FRIED FISH FILLETS

Portion: 1 piece

Main Dishes

Ingredients	25 portions	50 portions	For _____ portions	Directions
Fish fillets ¹ _____ (fresh or frozen)	2-1/2 pounds _____	5 pounds _____	_____	1. Thaw frozen fillets. Divide into portions, about 1-1/2 ounces each.
Salt _____	3/4 teaspoon _____	1-1/2 teaspoons _____	_____	2. Add salt to milk. Dip fillets in milk then roll in crumbs, using a small amount at a time. Place in a single layer, skin side down, on well-greased pans.
Milk _____	1/2 cup _____	1 cup _____	_____	
Dry bread crumbs, toasted _____	1 cup _____	2 cups _____	_____	
Oil or fat, melted _____	1/4 cup _____	1/2 cup _____	_____	3. Pour fat over fish. 4. Bake at 500° F (extremely hot oven) 15 to 20 minutes or until fish flakes easily when tested with a fork.

¹ Such as flounder, haddock, ocean perch or yellow perch.



SWISS STEAK

Portion: 1 piece

Main Dishes

Ingredients	25 portions	50 portions	For _____ portions	Directions
Round steak (with bone) _____	2-1/4 pounds _____	4-1/2 pounds _____	_____	1. Cut steak into portions about 1-1/2 ounces each. Coat with mixture of flour and salt.
All-purpose flour _____	1/3 cup _____	3/4 cup _____	_____	
Salt _____	1-1/2 teaspoons _____	1 tablespoon _____	_____	
Oil or fat, melted _____	2 tablespoons _____	1/4 cup _____	_____	2. Brown steak in fat. Place in baking pan. Pour in water.
Water _____	1-1/2 cups _____	3 cups _____	_____	
* Onions, sliced _____	1 cup _____	2 cups _____	_____	3. Spread onions over steak. 4. Cover and bake at 325° F (slow oven) about 2 hours or until tender. Remove cover and bake 15 minutes longer or until brown.

* For 25-portion recipe, buy 5 ounces mature onions; for 50-portion recipe, buy 9 ounces mature onions.



AIDS FOR SALAD MAKING

Salads

Salads offer contrast in color, flavor, and texture, adding zest and eye appeal to the lunch. "Finger foods" appeal to children. Use rutabaga or turnip sticks, green pepper rings, radish ac-

cordions, carrot sticks drawn through pitted ripe olives, orange sections, apple wedges, or melon fingers.

DIRECTIONS FOR PREPARING

- **PREPARE SALAD GREENS** by washing them gently but thoroughly in cold water to remove all dirt and grit. It may be necessary to separate leaves or stalks in order to clean. Drain well in colander to prevent wilting. Place in a container covered with a damp cloth or in a plastic bag and chill in the refrigerator. Use a variety of salad greens—young spinach, endive, romaine, escarole, or Boston lettuce.
- **CHILL AND MARINATE** cooked or raw vegetables and fruits in a tasty dressing for a few hours before serving.
- **PREVENT DISCOLORATION** by sprinkling fresh fruits such as apples, peaches, and bananas with orange, lemon, or pineapple juice.
- **ADD DRESSING** at the last minute to leafy vegetables.
- **GARNISHES** on raw or cooked vegetable salads may include croutons, chopped pimientos, bacon bits, bite-sized cereal, chopped olives, parsley, or chopped hard-cooked eggs. On fruit salads use maraschino cherries, grated coconut, peanut butter, raisins, shredded cheese, miniature marshmallows, or nut meats.

SUGGESTED SALAD TOOLS

- | | | |
|---------------------------|-----------------------|-----------------------------|
| • Cutting board | • French cook's knife | • Egg slicer |
| • Vegetable brushes | • Paring knife | • Colander |
| • Vegetable peelers | • Grater | • Plastic gloves for mixing |
| • Salad cutter or chopper | • Juice extractor | • Tongs for serving |

AIDS FOR SALAD MAKING—Continued

VEGETABLE SALAD COMBINATIONS

- Cabbage and carrots shredded together and mixed with pineapple tidbits and a dressing of mayonnaise thinned with pineapple juice.
- Spinach tossed with tomatoes, celery, and onions in a cooked salad dressing.
- Individual relish bowls including: cheese wedges, celery stuffed with peanut butter, green pepper ring, deviled egg, ripe olives, and tomato wedges.
- Shredded green and red cabbage, sliced raw cauliflowerets, sliced celery, and chopped onion combined with a sweet-sour dressing.

FRUIT SALAD COMBINATIONS

- Apple cubes, orange sections, chopped celery, nuts, chopped dates, or miniature marshmallows combined with a dressing of mayonnaise and orange juice.
- Chilled fruit cocktail, orange sections, miniature marshmallows, and sliced bananas, sprinkled with lemon juice and shredded coconut.
- Two-layer molded salad—one layer of cherry gelatin with fruit cocktail and the other of lime gelatin with seedless grapes and chopped celery or crushed pineapple.
- Chilled “blushing” pear halves placed on greens, topped with shredded cheese. To “blush” the pears, tint juice with red food coloring and let pears stand overnight in juice.



CARROT-RAISIN SALAD

Portion: 2 tablespoons

Salads

Ingredients	25 portions	50 portions	For _____ portions	Directions
Raisins -----	1-1/4 cups -----	2-1/2 cups -----	-----	1. Combine all ingredients. 2. Chill.
*Carrots, shredded -----	3 cups -----	1-1/2 quarts -----	-----	
Salt -----	1/4 teaspoon -----	1/2 teaspoon -----	-----	
Mayonnaise -----	2/3 cup -----	1-1/3 cups -----	-----	

* For 25-portion recipe, buy 15 ounces fresh carrots; for 50-portion recipe, buy 1 pound 13 ounces fresh carrots.



COLE SLAW

Portion: 2 tablespoons

Salads

Ingredients	25 portions	50 portions	For _____ portions	Directions
Salad dressing -----	1/2 cup -----	1 cup -----	-----	1. Mix ingredients together.
Vinegar -----	2 tablespoons -----	1/4 cup -----	-----	
Prepared mustard -----	1 teaspoon -----	2 teaspoons -----	-----	
Sugar -----	2 tablespoons -----	1/4 cup -----	-----	
Salt -----	1 teaspoon -----	2 teaspoons -----	-----	
Pepper -----	few grains -----	1/8 teaspoon -----	-----	
* Cabbage, chopped -----	1 quart -----	2 quarts -----	-----	2. Stir dressing into cabbage. Mix well. Serve cold.

* For 25-portion recipe, buy 1 pound 2 ounces fresh cabbage;
for 50-portion recipe, buy 2 pounds 4 ounces fresh cabbage.



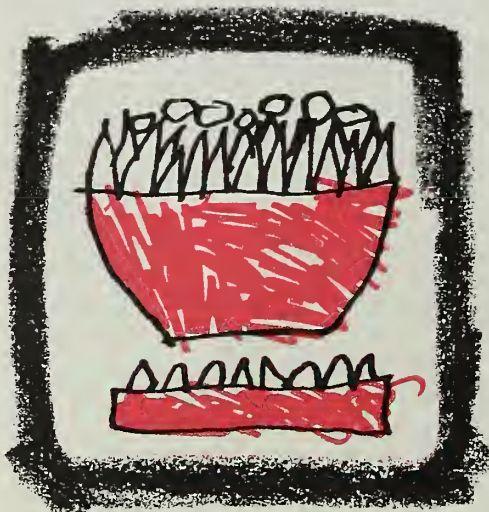
EGG SALAD

Portion: About 2 tablespoons

Salads

Ingredients	25 portions	50 portions	For _____ portions	Directions
Hard-cooked eggs, chopped (recipe page 78).	13 -----	25 -----	-----	1. Combine all ingredients and mix well. Chill. 2. Serve on lettuce or use in sandwiches.
* Celery, chopped -----	1-1/2 cups -----	3 cups -----	-----	
Sweet pickles, chopped -----	3/4 cup -----	1-1/2 cups -----	-----	
Mayonnaise -----	1/3 cup -----	2/3 cup -----	-----	
Salt -----	1-1/2 teaspoons -----	1 tablespoon -----	-----	
Onions, grated -----	1/2 teaspoon -----	1 teaspoon -----	-----	
Prepared mustard -----	1/4 teaspoon -----	1/2 teaspoon -----	-----	
Pickle liquid -----	1 tablespoon -----	2 tablespoons -----	-----	

* For 25-portion recipe, buy 9 ounces fresh celery; for 50-portion recipe, buy 1 pound 1 ounce fresh celery.



JELLIED FRUIT-COTTAGE CHEESE SALAD

Portion: 1 piece

Salads

Ingredients	25 portions	50 portions	For _____ portions	Directions
Flavored gelatin _____	1 cup _____ (1, 6-oz. package)	2 cups _____ (2, 6-oz. packages)	_____	1. Dissolve gelatin in hot water; add remaining liquid. Chill until mixture begins to thicken.
Hot water _____	2 cups _____	1 quart _____	_____	
Fruit juice and cold water _____	2 cups _____	1 quart _____	_____	
Cottage cheese _____	1-1/2 cups _____	3 cups _____	_____	2. Stir in cottage cheese and fruit. 3. Pour into pans. Chill until set. 4. Cut and serve on lettuce.
*† Canned pears, drained, diced.	3 cups _____	1-1/2 quarts _____	_____	
*† Canned pineapple tidbits, drained.	1-1/3 cups _____	2-2/3 cups _____	_____	

* For 25-portion recipe, buy 3 No. 303 cans pears and 1 No. 2 can pineapple.

† For 50-portion recipe, buy 6 No. 303 cans pears and 1 No. 2-1/2 can pineapple.



JELLIED ORANGE-PINEAPPLE SALAD

Portion: 1 piece

Salads

Ingredients	25 portions	50 portions	For _____ portions	Directions
* Crushed pineapple -----	3-1/2 cups -----	1-3/4 quarts -----	-----	1. Drain pineapple. Reserve juice.
Gelatin -----	1-1/2 tablespoons -----	3 tablespoons -----	-----	2. Soften gelatin in 1/2 cup of the pineapple juice. 3. Heat remaining pineapple juice. Stir in softened gelatin. Heat until gelatin is dissolved.
Concentrated orange juice, thawed.	3/4 cup -----	1-1/2 cups -----	-----	4. Stir the orange juice and water into gelatin mixture. Chill until mixture begins to thicken.
Water -----	1-1/2 cups -----	3 cups -----	-----	5. Stir in pineapple. 6. Pour into pans and chill until set. 7. Cut and serve on lettuce.

* For 25-portion recipe, buy 2 No. 2-1/2 cans pineapple; for 50-portion recipe, buy 3 No. 2-1/2 cans pineapple.



WALDORF SALAD

Portion: 1/4 cup

Salads

Ingredients	25 portions	50 portions	For _____ portions	Directions
*† Apples, pared, diced	1 quart 1-1/2 cups	2-3/4 quarts	-----	1. Sprinkle apples with lemon juice. Combine apples, celery, sugar, salt, and mayonnaise. Toss to mix. Chill. 2. Serve on lettuce.
Lemon juice	2 tablespoons	1/4 cup	-----	
*† Celery, chopped	2 cups	1 quart	-----	
Sugar	2 tablespoons	1/4 cup	-----	
Salt	1/4 teaspoon	1/2 teaspoon	-----	
Mayonnaise	1/3 cup	2/3 cup	-----	3. Sprinkle with nuts (if mixed in, nuts cause apples to discolor).
Nuts, chopped	3/4 cup	1-1/2 cups	-----	

* For 25-portion recipe, buy 1 pound 15 ounces fresh apples and 12 ounces fresh celery.

† For 50-portion recipe, buy 3 pounds 14 ounces fresh apples and 1 pound 7 ounces fresh celery.



Sandwiches may be served hot or cold, closed or open faced. Bread—the base of sandwiches—can provide variety in flavor, texture, size, and shape. Besides enriched white bread,

use rye, pumpernickle, French, raisin, Italian, Boston brown, or cheese bread. Hamburger, frankfurter, hard, and soft rolls also make good sandwich bases.

GENERAL INFORMATION

- Make sandwiches the day they are to be served.
- Assemble all equipment and materials in advance.
- Prepare fillings just before making sandwiches. Refrigerate fillings and ingredients for fillings except during actual preparation of sandwiches.
- Have all ingredients ready. Soften butter or margarine by letting it stand at room temperature. In some sandwiches the butter may be mixed with the filling, for example, peanut butter. If lettuce is used, it should be washed, crisped, and drained.



AIDS FOR SANDWICH MAKING—Continued

DIRECTIONS FOR SANDWICH PREPARATION

1. Arrange fresh bread in rows, for example, 4 rows of 10 slices each (20 sandwiches).
2. Spread all bread slices out to the edges with softened butter or margarine.
3. Portion filling on alternate rows of bread and spread to the edges or arrange sliced filling materials to fit sandwich.
4. If lettuce is used, arrange leaves on filling.
5. Place plain buttered slices of bread on the filled slices.
6. Stack several sandwiches together and cut with a sharp knife.
7. To keep sandwiches fresh, place in sandwich bags or waxed paper. Or place sandwiches in storage pans on damp towel covered with waxed paper and cover completely with more waxed paper and a damp towel.
8. Refrigerate until serving time.

TOOLS AND EQUIPMENT

- Cutting board
- Knives
- Spoons
- Scoops



- Sandwich bags or waxed paper
- Towels
- Storage pans

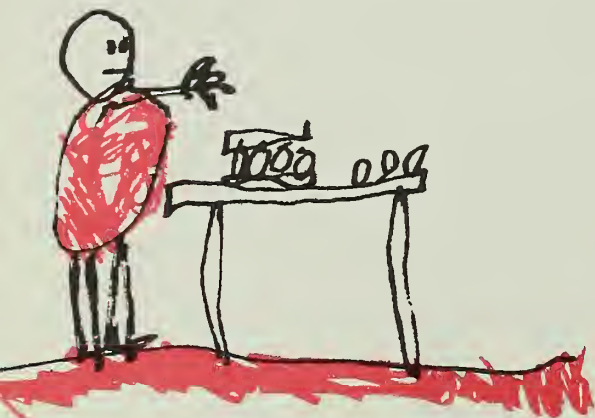


GRILLED CHEESE SANDWICH

Portion: 1/2 sandwich

Sandwiches

Ingredients	25 portions	50 portions	For _____ portions	Directions
Butter or margarine, melted.	1/4 cup -----	1/2 cup -----	-----	1. Brush pans with half of the fat. 2. Place half of the bread on the pans.
Sandwich bread -----	25 slices -----	50 slices -----	-----	
Cheese -----	12-1/2 slices -----	25 slices -----	-----	3. Top each slice of bread with cheese. Cover with remaining bread slices. 4. Brush top of sandwiches with fat. 5. Bake 20 minutes at 400° F (hot oven). Turn sandwiches and bake 5 minutes longer. Cut each sandwich in half; serve immediately.



WHITE SAUCE

Sauces

Ingredients	About 2 quarts	For _____ quarts	Directions
Butter or margarine _____	1/2 cup _____	_____	<ol style="list-style-type: none"> 1. Melt fat; mix in flour and salt. 2. Stir into milk. 3. Cook and stir constantly until thickened.
All-purpose flour _____	1 cup _____	_____	
Salt _____	2 teaspoons _____	_____	
Hot milk _____	2 quarts _____	_____	

Suggested uses—Gravy; creamed and scalloped vegetables, eggs, fish, meat; cheese sauce.



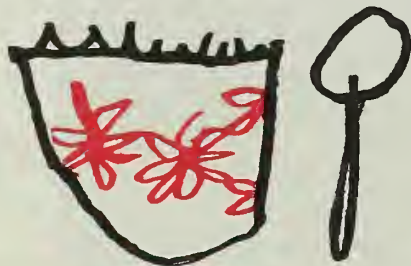
BEAN SOUP

Portion: 1/2 cup

Soups

Ingredients	25 portions	50 portions	For _____ portions	Directions
Dry beans -----	2-2/3 cups -----	1 quart 1-1/4 cups -----	-----	1. Sort and wash beans. 2. Add beans to boiling water. 3. Boil 2 minutes. 4. Remove from heat. Cover and let stand 1 hour.
Boiling water -----	2 quarts -----	1 gallon -----	-----	
Ham bones -----	10 ounces -----	1-1/4 pounds -----	-----	
*Onions, chopped -----	3/4 cup -----	1-1/2 cups -----	-----	5. Add ham bones, onions, seasonings, and water to soaked beans and water. Cook covered for 3 hours.
Sugar -----	3/4 teaspoon -----	1-1/2 teaspoons -----	-----	
Salt -----	1 tablespoon -----	2 tablespoons -----	-----	
Celery salt -----	1-1/2 teaspoons -----	1 tablespoon -----	-----	
Water -----	3 quarts -----	1-1/2 gallons -----	-----	
All-purpose flour -----	1/3 cup -----	2/3 cup -----	-----	6. Blend flour and water and add to soup. Simmer 10 minutes, stirring occasionally. 7. Remove ham bones. 8. Serve soup with a garnish of chopped parsley.
Water -----	1/3 cup -----	2/3 cup -----	-----	
Parsley (if desired) -----	-----	-----	-----	

* For 25-portion recipe, buy 6 ounces mature onions; for 50-portion recipe, buy 11 ounces mature onions.



VEGETABLE SOUP

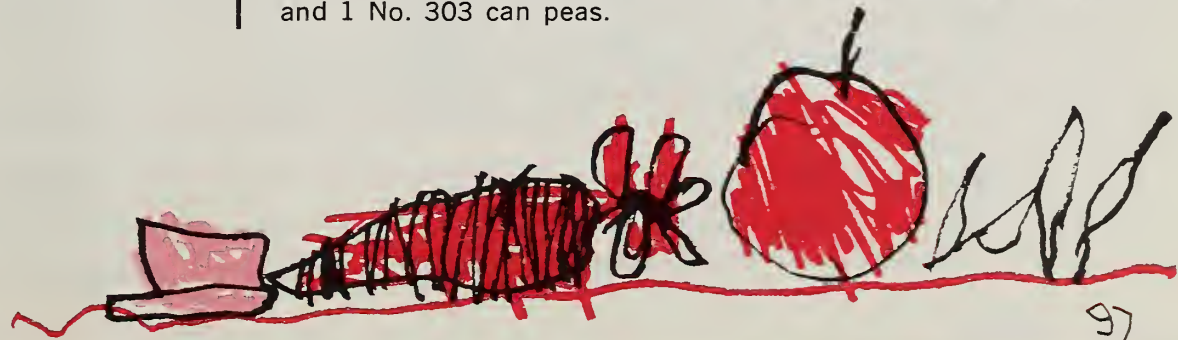
Portion: 1/2 cup

Soups

Ingredients	25 portions	50 portions	For _____ portions	Directions
*† Canned tomatoes -----	1 quart -----	2 quarts -----	-----	1. Combine all ingredients, except green peas. 2. Cook 45 minutes or until vegetables are tender.
*† Cabbage, chopped -----	2 cups -----	1 quart -----	-----	
*† Carrots, sliced -----	1 cup -----	2 cups -----	-----	
*† Celery, diced -----	1/2 cup -----	1 cup -----	-----	
*† Onions, chopped -----	2/3 cup -----	1-1/3 cups -----	-----	
*† Parsley, chopped -----	1/2 cup -----	1 cup -----	-----	
Barley or rice (if desired) -----	2 tablespoons -----	1/4 cup -----	-----	
Butter or margarine -----	2 tablespoons -----	1/4 cup -----	-----	
Salt -----	1 tablespoon -----	2 tablespoons -----	-----	
Water, vegetable liquid, or beef or chicken stock.	2-1/2 quarts -----	1-1/4 gallons -----	-----	
*† Canned green peas, drained.	1/2 cup -----	1 cup -----	-----	3. Add peas. Reheat.

* For 25-portion recipe, buy 2 No. 2-1/2 cans tomatoes; 9 ounces fresh cabbage; 7 ounces fresh carrots; 3 ounces fresh celery; 5 ounces mature onions; 1 ounce fresh parsley; and 1, 8-ounce can peas.

† For 50-portion recipe, buy 3 No. 2-1/2 cans tomatoes; 1 pound 2 ounces fresh cabbage; 13 ounces fresh carrots; 6 ounces fresh celery; 9 ounces mature onions; 2 ounces fresh parsley; and 1 No. 303 can peas.



AIDS FOR PREPARING FRESH VEGETABLES

Vegetables

See Food Buying Guide, pages 9 to 45, for quantity of fresh vegetables to buy for 25 and 50 servings.

Prepare fresh vegetables whether for serving raw or for cooking as shown below. If greens contain sand, wash them in fresh water at least 5

times or until there is no sand on the leaves. Lift the greens out of the water each time. If insects are present in broccoli or cauliflower, soak the vegetables in salted water for $\frac{1}{2}$ hour and drain them before serving raw or cooked.

DIRECTIONS FOR PREPARING

ASPARAGUS SPEARS

Break off tough stalk ends. Wash.

BEANS, BLACKEYE BEANS OR PEAS

Shell. (Scald pods to make shelling easier.)

Rinse.

BEANS, GREEN OR WAX

Wash. Trim ends; remove any strings. Cut or break into 1-inch pieces.

BEANS, LIMA

Shell. (Scald pods to make shelling easier.)

Rinse.

BEET GREENS

Wash thoroughly. Sort; cut off tough stems.

BEETS

Remove tops, leaving a 2-inch stem on beets.

Wash. Do not pare or remove roots until beets are cooked.

BROCCOLI SPEARS

Cut off tough stalk ends. Wash. Cut broccoli lengthwise, if thick, to speed cooking.

BRUSSELS SPROUTS

Remove discolored outer leaves. Wash.

CABBAGE

Remove discolored outer leaves. Wash. Quarter and core. Crisp in cold water, if wilted. Cut in wedges or shred.

CARROTS

Wash. Scrape or pare. Cut as desired.

CAULIFLOWER

Remove outer leaves and stalks. Break into flowerets. Wash.

CELERY

Trim. Wash. Cut as desired.

CHARD

Wash thoroughly. Sort; cut off tough stems.

COLLARDS

Wash thoroughly. Sort; strip leaves from tough stems.

AIDS FOR PREPARING FRESH VEGETABLES—Continued

CORN ON COB

Husk; remove silks. Rinse; do not allow to stand in water.

EGGPLANT

Wash. Pare and cut in pieces or slices.

KALE

Wash thoroughly. Sort; strip leaves from tough stems.

MUSTARD GREENS

Wash thoroughly. Sort; cut off tough stems.

OKRA

Wash. Remove stem ends.

ONIONS, MATURE

Peel; rinse. Quarter if large or cut as desired.

PARSNIPS

Wash. Pare. Quarter lengthwise and cut as desired.

PEAS, GREEN

Shell. Rinse.

POTATOES

Scrub. Cook in skins or pare and remove eyes.

Cut large potatoes to serving size.

RUTABAGAS

Wash. Pare and cut as desired.

SPINACH

Wash thoroughly. Sort; cut off tough stems.

SQUASH, SUMMER

Wash. Trim and cut as desired.

SQUASH, WINTER

Wash. Cut in half; remove seeds, fiber, and peel. Cut into pieces. (If peel is hard and tough, soften by steaming or boiling 10 minutes.)

SWEETPOTATOES

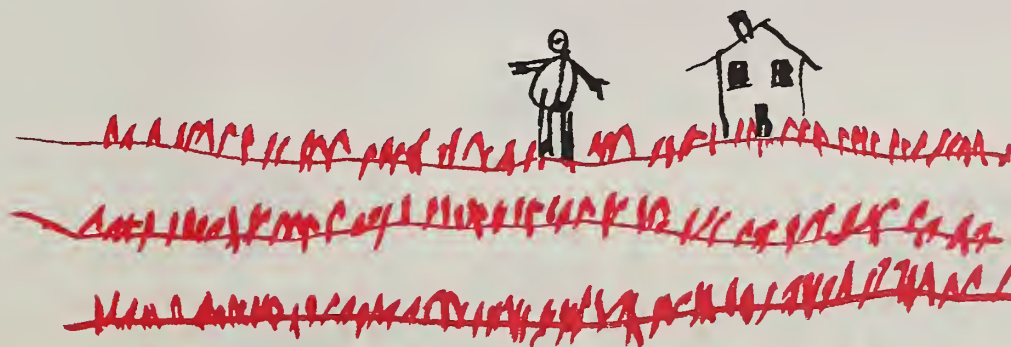
Scrub. Sort for size.

TURNIP GREENS

Wash thoroughly. Sort; cut off tough stems.

TURNIPS

Wash. Pare and cut as desired.



BAKING POTATOES, SWEETPOTATOES, AND WINTER SQUASH

Portion: 1/4 cup

Vegetables

See Food Buying Guide, pages 9 to 45, for quantity of vegetables to buy for 25 and 50 servings.

Schedule baking of vegetables so they will be served soon after they are cooked. Bake each vegetable for the shortest time necessary to give a tender product. Use timetable below as a guide.

Preparation and Timetable for Baking Fresh Vegetables

Vegetable	Preparation	Approximate baking time	Oven temperature
Potatoes, sweet-potatoes.	Scrub. Sort for size -----	1 hour -----	425° F
Winter squash Acorn -----	Wash, cut in half. Remove seeds and fiber. Brush with melted butter or margarine and sprinkle with salt and with brown sugar, if desired.	45 minutes covered; remove cover and bake 15 minutes longer or until lightly browned.	400° F
Butternut or Hubbard.	Wash. If peel is hard and tough, soften by steaming or boiling 10 minutes. Cut, remove seeds, fiber, and peel. Cut into pieces. Brush with melted butter or margarine and sprinkle with salt and with brown sugar, if desired.	45 minutes covered; remove cover and bake 15 minutes longer or until lightly browned.	400° F



BOILING FRESH VEGETABLES

Portion: 1/4 cup

Vegetables

See Food Buying Guide, pages 9 to 45, for quantity of fresh vegetables to buy for 25 and 50 servings, and pages 98 and 99 for directions for preparing fresh vegetables.

Schedule cooking of fresh vegetables so that they will be served as soon as they are cooked.

Directions for Boiling

1. Add prepared vegetables to boiling water. Add about 1 teaspoon salt for 25 portions. Cover. Bring water quickly back to boiling point.
2. Start timing when water returns to boiling point. Use timetable below as a guide. The length of time required to cook each vegetable can not be stated exactly because the time differs with variety, maturity, quality, and amount of vegetable. Each vegetable should be cooked for the shortest time necessary to give a tender product.
3. Drain cooked vegetables and place in serving pans. Add butter or margarine to taste.

Timetable for Boiling Fresh Vegetables

Vegetable	25 portions ¹	
	Boiling water	Cooking time
		Minutes
Asparagus, cuts and tips -----	2 cups -----	5 to 15
Beans, green or wax -----	2 cups -----	15 to 30
Beans, lima -----	2 cups -----	15 to 25
Beets, whole -----	Water to cover -----	45 to 60
Broccoli spears -----	2 cups -----	10 to 15
Brussels sprouts -----	2 cups -----	10 to 20
Cabbage, shredded -----	2 cups -----	3 to 10
Cabbage, wedges -----	2 cups -----	12 to 20
Carrots, whole -----	Water to cover -----	15 to 30
Cauliflower flowerets -----	2 cups -----	8 to 15
Celery, diced -----	2 cups -----	15 to 18
Collards -----	Water clinging to leaves -----	10 to 20

(continued)

BOILING FRESH VEGETABLES—Continued

Timetable for Boiling Fresh Vegetables (continued)

Vegetable	25 portions ¹	
	Boiling water	Cooking time
		Minutes
Corn on cob -----	2 cups -----	5 to 15
Kale -----	Water clinging to leaves -----	10 to 25
Mustard greens -----	Water clinging to leaves -----	10 to 20
Okra -----	2 cups -----	10 to 15
Onions, mature -----	2 cups -----	15 to 35
Parsnips, whole -----	2 cups -----	20 to 40
Peas, green -----	2 cups -----	12 to 20
Potatoes, whole -----	Water to cover -----	25 to 40
Potatoes, quartered -----	Water to cover -----	20 to 25
Rutabagas, pieces -----	Water to cover -----	20 to 30
Spinach -----	Water clinging to leaves -----	3 to 10
Squash		
Summer, sliced -----	2 cups -----	8 to 20
Winter, cut up -----	2 cups -----	15 to 30
Sweetpotatoes, whole -----	Water to cover -----	30 to 45
Turnip greens -----	Water clinging to leaves -----	10 to 20
Turnips, whole -----	Water to cover -----	20 to 30

¹ For 50 portions, use about twice as much water as specified in table and use the same cooking time as recommended for 25 portions.

BOILING FROZEN VEGETABLES

Portion: 1/4 cup

Vegetables

See Food Buying Guide, pages 9 to 45, for quantity of frozen vegetables to buy for 25 and 50 servings.

Most frozen vegetables can be cooked without thawing. Thaw solid pack frozen vegetables such as spinach long enough to break apart easily. Broccoli spears will cook more uniformly if they are partially thawed. Corn on the cob should be partially thawed so that the cob will be heated when the corn is cooked.

Schedule cooking of frozen vegetables so they will be served as soon as they are cooked.

Directions for Boiling

1. Add vegetables to boiling water. Add about 1 teaspoon salt for 25 portions. Cover. Bring water quickly back to boiling point.
2. Start timing when water returns to boiling point. Use timetable below as a guide. The length of time required to cook each vegetable cannot be stated exactly because the time differs with the variety, maturity, quality, and amount of vegetable. Frozen vegetables should be cooked until they are just tender.
3. Drain cooked vegetables and place in serving pans. Add butter or margarine to taste.

Timetable for Boiling Frozen Vegetables

Vegetable	25 portions ¹	
	Boiling water	Cooking time
		Minutes
Asparagus, cuts and tips	2 cups	7 to 10
Beans, green or wax	2 cups	10 to 20
Beans, lima	3 cups	10 to 18
Broccoli spears	2 cups	8 to 15
Brussels sprouts	2 cups	10 to 15
Carrots, sliced or diced	2 cups	5 to 15
Cauliflower	2 cups	5 to 10
Corn, whole kernel	2 cups	5 to 10
Corn on cob	Water to cover	8 to 10
Kale	1-1/2 cups	10 to 20
Peas	2 cups	5 to 15

(continued)

BOILING FROZEN VEGETABLES—Continued

Timetable for Boiling Frozen Vegetables

Vegetable	25 portions ¹	
	Boiling water	Cooking time
		Minutes
Spinach -----	1-1/2 cups -----	5 to 14
Squash, summer -----	2 cups -----	5 to 10
Succotash -----	2 cups -----	10 to 18
Turnip greens -----	1-1/2 cups -----	10 to 20
Vegetables, mixed -----	2 cups -----	12 to 18

¹ For 50 portions use about twice as much water as specified in table and use the same cooking time as recommended for 25 portions.



HEATING CANNED VEGETABLES

Portion: 1/4 cup

Vegetables

See Food Buying Guide, pages 9 to 45, for quantity of canned vegetables to buy for 25 and 50 servings.
Schedule heating of canned vegetables so they will be served as soon as they are heated.

Directions for Heating

1. Heat vegetables gently in a saucepan.
 2. Drain and place vegetables in serving pan. Add butter or margarine to taste.
-



MASHED POTATOES

Portion: 1/4 cup

Vegetables

Ingredients	25 portions	50 portions	For _____ portions	Directions
* Potatoes, pared _____	3 pounds _____	6 pounds _____	_____	1. Boil potatoes until tender. (See page 102.) Drain. 2. Mash until smooth. 3. Gradually add just enough milk to moisten. Add salt and fat. 4. Beat until light and fluffy.
Hot milk _____	1/2 to 3/4 cup _____	1 to 1-1/2 cups _____	_____	
Salt _____	1-1/2 teaspoons _____	1 tablespoon _____	_____	
Butter or margarine, melted.	1/4 cup _____	1/2 cup _____	_____	

* For 25-portion recipe, buy 3-3/4 pounds potatoes; for 50-portion recipe, buy 7-1/2 pounds potatoes.

Note

For mashed potatoes using commercial potato flakes or granules, follow directions on the package for best results.



OVEN-COOKED FROZEN BROCCOLI

Portion: 1/4 cup or 1 spear

Vegetables

Ingredients	25 portions	50 portions	For _____ portions	Directions
Frozen broccoli, spears or chopped.	3 pounds -----	6 pounds -----	-----	<ol style="list-style-type: none"> 1. Allow broccoli to thaw overnight in packages on a shelf in the refrigerator. 2. Separate pieces and place 3 pounds in each baking pan (about 12 by 20 by 2 inches). Pour one-half cup of water into each pan. Sprinkle 1-1/2 teaspoons salt over broccoli in each pan. 3. Cover pans and bake at 425° F (hot oven) 40 minutes or until done. Remove cover as soon as broccoli is cooked.
Boiling water -----	1/2 cup -----	1 cup -----	-----	
Salt -----	1-1/2 teaspoons -----	1 tablespoon -----	-----	
Butter or margarine, melted.	1/4 cup -----	1/2 cup -----	-----	<ol style="list-style-type: none"> 4. Pour fat over cooked broccoli.



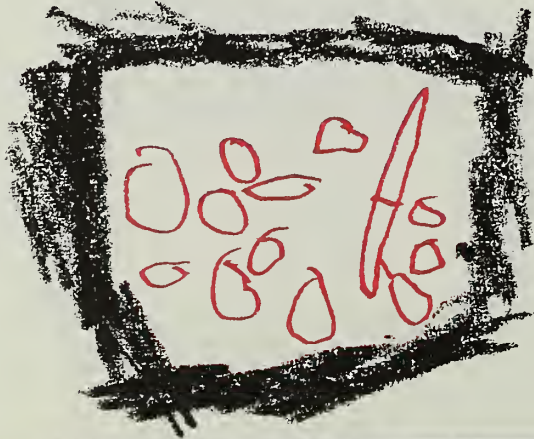
SCALLOPED POTATOES

Portion: 1/4 cup

Vegetables

Ingredients	25 portions	50 portions	For _____ portions	Directions
Butter or margarine _____	1/4 cup _____	1/2 cup _____	_____	1. Melt fat. Mix in flour and salt. 2. Stir into milk. 3. Cook, stirring constantly, until thickened. Add onions.
All-purpose flour _____	1/4 cup _____	1/2 cup _____	_____	
Salt _____	1 tablespoon _____	2 tablespoons _____	_____	
Hot milk _____	1 quart _____	2 quarts _____	_____	
Onions, chopped (if desired).	2 tablespoons _____	1/4 cup _____	_____	
* Potatoes, thinly sliced _____	2 quarts _____	1 gallon _____	_____	4. Cook potatoes until almost tender. (See page 102.) Place potatoes in greased baking pans. Cover with sauce. 5. Cover and bake at 350° F (moderate oven) 45 minutes or until potatoes are cooked.

*For 25-portion recipe, buy 3 pounds 9 ounces fresh potatoes;
for 50-portion recipe, buy 7 pounds 2 ounces fresh potatoes.



SUGGESTIONS FOR SERVING VEGETABLES

Vegetables

Vegetable appeal can be added by using spices, garnishes, and imaginative combinations.

SPICES

Use the following:

- Nutmeg with beets
- Dry mustard with mixed vegetables
- Cinnamon with sweetpotatoes

GARNISHES

Use the following:

- Lemon wedges or slices
- Minced green onion tops
- Sieved, hard-cooked eggs or yolks
- Pimiento strips
- Grated cheese
- Chopped toasted nuts
- Crisp bacon bits

COMBINATIONS

- Mexican-style Green Beans—
Combine cooked green beans and tomatoes with bacon bits, chopped green pepper, and chili powder.
- Green Lima Beans with Curry—
Cook beans in chicken broth with a mere suggestion of curry.
- Quick Broccoli Hollandaise—
Cook broccoli and serve with a hot lemon dressing made from mayonnaise and lemon juice.
- Brussels Sprouts Au Gratin—
Pour small amount of chicken broth over

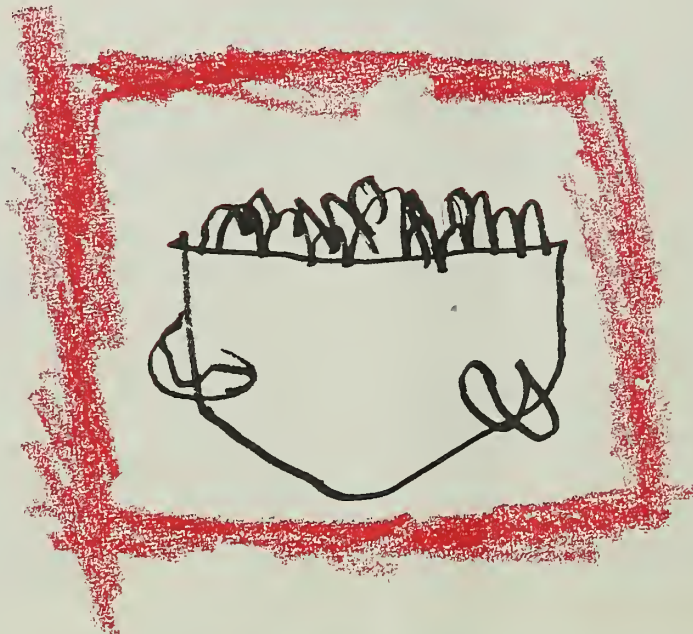
- cooked Brussels sprouts. Sprinkle with grated cheese and bake until cheese melts.
- Shredded Cabbage and Tomatoes—
Combine cooked drained cabbage and thickened canned tomatoes. Add onions and green peppers cooked in butter.
- Pineapple-Carrot Coins—
Cook carrot slices and pineapple tidbits in a butter sauce flavored with pineapple juice.
- Corn and Beans in Tomato Sauce—
Combined whole kernel corn and green beans in tomato sauce.

(continued)

SUGGESTIONS FOR SERVING VEGETABLES—Continued

COMBINATIONS—Continued

- Polka Dot Corn—
Combine canned corn, light cream, chopped green onions, and parsley; top with grated cheese and bake until bubbly.
 - Green Peas and Pearl Onions—
Season cooked peas and onions with chopped pimienta.
 - Dutch Sweet Sauerkraut—
Combine sauerkraut, diced apples, brown sugar, and celery seed and bake until lightly browned. Top with crisp bacon bits.
 - Spinach-Cheese Bake—
Cover partially cooked fresh spinach with tangy cheese sauce and brown in oven.
-



FACTORS FOR DETERMINING AMOUNTS OF INGREDIENTS TO BUY FOR THE RECIPES

The following table is used for determining the amount by weight or in number of cans of ingredients needed in the recipes in this publication. All items which would be purchased by weight or in cans, except spices, are included. Those purchased by volume are not included.

How To Use The Table

The amount by weight or number of cans of an ingredient needed in a recipe is calculated

by multiplying the number of cups or quarts by the factor in the "cup" or "quart" column of the table.

Example: 1-1/2 cups of packed brown sugar are needed in the 25-portion recipe for Apple Crisp. Multiplying 1.5 by 0.44 pound, the factor for brown sugar in the "cup" column, shows that 0.66 pound of brown sugar is needed in the recipe to make 25 portions of Apple Crisp.

$$1.5 \times 0.44 \text{ pound} = 0.66 \text{ pound}$$



FACTORS TO DETERMINE AMOUNTS TO BUY FOR RECIPES

Food as purchased	Description of food as used in recipe	Purchase unit	Multiply the factor below by the number of cups or quarts needed in the recipe	
			Cup	Quart
APPLES Fresh -----	Raw, pared Diced or sliced -----	Pound -----	0.35	1.40
APRICOTS Canned, halves -----	Drained -----	No. 2-1/2 can -----	.46	1.83
BAKING POWDER -----	As purchased -----	Pound -----	.38	1.50
BAKING SODA -----	As purchased -----	Pound -----	.38	1.50
BARLEY -----	As purchased -----	Pound -----	.45	1.81
BEANS, DRY Blackeye, Great Northern, kidney, pea (navy or small white), pinto.	As purchased -----	Pound -----	.44	1.75
Lima Large -----	As purchased -----	Pound -----	.39	1.56
Small -----	As purchased -----	Pound -----	.44	1.75
BREAD CRUMBS, DRY -----	As purchased -----	Pound -----	.23	.94
BULGUR, CRACKED WHEAT -----	As purchased -----	Pound -----	.38	1.50
BUTTER -----	As purchased or melted -----	Pound -----	.50	2.00

FACTORS TO DETERMINE AMOUNTS TO BUY FOR RECIPES

Food as purchased	Description of food as used in recipe	Purchase unit	Multiply the factor below by the number of cups or quarts needed in the recipe	
			Cup	Quart
CABBAGE Fresh -----	Raw, chopped -----	Pound -----	0.28	1.11
CARROTS Fresh -----	Raw, diced or sliced -----	Pound -----	.38	1.52
	Raw, shredded -----	Pound -----	.30	1.22
CELERY Fresh -----	Raw, chopped or diced -----	Pound -----	.35	1.42
	Raw, cut in 1-inch pieces -----	Pound -----	.37	1.49
CHEESE -----	Shredded -----	Pound -----	.25	1.00
CHERRIES Canned, red, tart, pitted -----	Drained -----	No. 303 can -----	.72	2.90
COCOA -----	As purchased -----	Pound -----	.22	.88
CORNMEAL -----	As purchased -----	Pound -----	.33	1.31
CORNSTARCH -----	As purchased -----	Pound -----	.28	1.12
COTTAGE CHEESE -----	As purchased -----	Pound -----	.52	2.06
FLOUR, ALL-PURPOSE -----	As purchased -----	Pound -----	.25	1.00
LEMONS Fresh -----	Juice -----	Pound -----	1.27	5.10

FACTORS TO DETERMINE AMOUNTS TO BUY FOR RECIPES

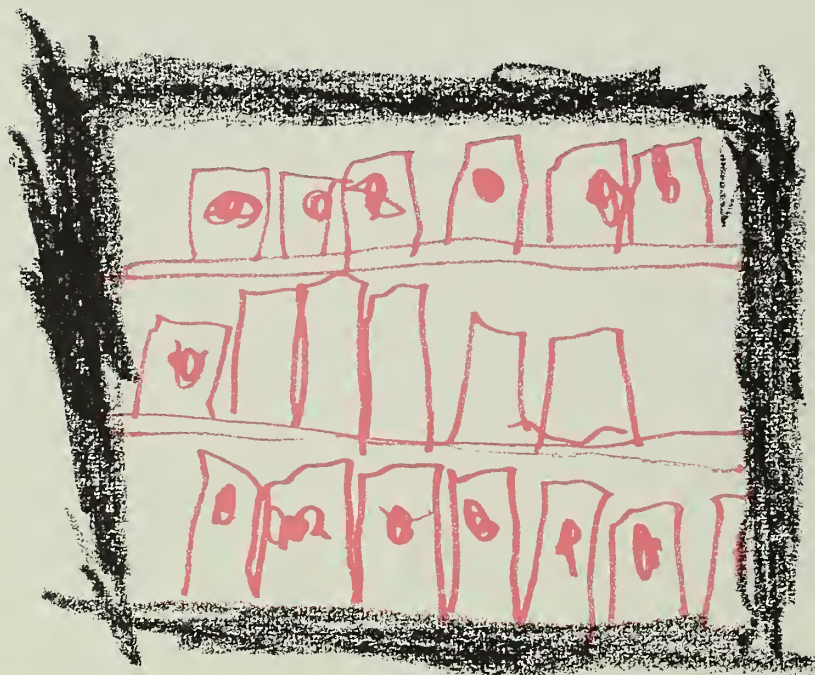
Food as purchased	Description of food as used in recipe	Purchase unit	Multiply the factor below by the number of cups or quarts needed in the recipe	
			Cup	Quart
MACARONI, ELBOW -----	As purchased -----	Pound -----	0.27	1.06
MARGARINE -----	As purchased or melted -----	Pound -----	.50	2.00
MILK, NONFAT DRY USDA donated -----	As purchased -----	Pound -----	.31	1.25
NOODLES, BROKEN -----	As purchased -----	Pound -----	.14	.56
NUTS, SHELLLED (pecans and walnuts) -----	Chopped -----	Pound -----	.28	1.12
OATS, ROLLED -----	As purchased -----	Pound -----	.16	.62
ONIONS Mature -----	Raw, chopped -----	Pound -----	.42	1.68
	Raw, quartered -----	Pound -----	.33	1.33
	Raw, sliced -----	Pound -----	.26	1.05
PARSLEY Fresh -----	Chopped -----	Pound -----	.09	.36
PEANUT BUTTER -----	As purchased -----	Pound -----	.58	2.31
PEARS Canned, halves -----	Drained, diced -----	Pound -----	.90	3.58
PEAS, GREEN Canned -----	Drained -----	No. 303 can -----	.58	2.34

FACTORS TO DETERMINE AMOUNTS TO BUY FOR RECIPES

Food as purchased	Description of food as used in recipe	Purchase unit	Multiply the factor below by the number of cups or quarts needed in the recipe	
			Cup	Quart
PINEAPPLE				
Canned				
Crushed -----	As purchased -----	No. 2-1/2 can -----	0.39	1.58
Tidbits -----	Drained -----	No. 2-1/2 can -----	.35	1.39
POTATOES				
Fresh -----	Raw, diced or sliced, thinly-----	Pound -----	.44	1.77
RAISINS -----	As purchased -----	Pound -----	.38	1.50
	Chopped -----	Pound -----	.31	1.25
RICE -----	As purchased -----	Pound -----	.44	1.75
	Cooked -----	Pound -----	.12	.46
SALT -----	As purchased -----	Pound -----	.66	2.62
SHORTENING -----	As purchased -----	Pound -----	.44	1.75
	Melted -----	Pound -----	.50	2.00
SPAGHETTI -----	Broken -----	Pound -----	.17	.69
SUGAR				
Brown -----	Packed -----	Pound -----	.44	1.75
Confectioner's -----	Sifted -----	Pound -----	.27	1.06
Granulated -----	As purchased -----	Pound -----	.44	1.75
TOMATO PASTE				
Canned -----	As purchased -----	No. 2-1/2 can -----	.32	1.27

FACTORS TO DETERMINE AMOUNTS TO BUY FOR RECIPES

Food as purchased	Description of food as used in recipe	Purchase unit	Multiply the factor below by the number of cups or quarts needed in the recipe	
			Cup	Quart
TOMATO PUREE Canned -----	As purchased -----	No. 2 can -----	0.47	1.89
TOMATOES Canned -----	As purchased -----	No. 2-1/2 can -----	.30	1.21
WHEAT, ROLLED -----	As purchased -----	Pound -----	.19	.75



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